I-RECOVERY KERNEL

Dancefloor Intelligence Series

Fishiwe.

Uhambo kanye nelayisensi yochwepheshe yokudansa.

Beka ifoni phansi. Usukuze ukuthi ulapho ukhona.

Akudingeki ukufundiswa kwezamahlaya ngendlela emfushane.

Akukho ukukhuliswa kwezindawo. Akukho izinkukhu ezindaweni ezinde. Akukho ukuvuselelwa kwezindlela ze-MTV zenhlanzi.

Isisekelo. Uhlobo lwemaphuphu ye-BPM. Izinyathelo ezithathwe kusukela kwidansi yama-tango nama-cha-cha. Futhi umthetho owodwa ongenza ukuthi yonke into ilungile.

Kungani leli khasi likhona.

I-CENTURION - Imilambo akwenzi ukuba ube ngumdlali ongcono kakhulu. Imilambo kukukhombisa ukuthi awunandazi ngokuthi ungumdlali ongcono kangakanani.

Izinto ezimbili ezenzakala futhi zenza ukuba abantu bangajabuleli emini yokujanta, ngempela kubantu abangasetshenzisi izinto. Okokuqala yifoni. Okwesibili ukuthi umuntu ukhathazekile ngokuthi wonye umuntu uyazi ukudansa kanti yena akwazi.

Kombili zombili zingaxazululwa. Ifoni ingaxazululwa ngokwazi ukuthi yini okufanele uyenze ngezandla. Ukwahlulelwa kungaxazululwa ngokuziqonda ukuthi abantu abaningi kunoma iyiphi indawo yokujanta benza izinto ezintathu kuphela futhi bayibiza ngokujanta—futhi lezo zinto ezintathu, uma zenziwe ngenhloso futhi ahambisane nomculo, zingaphezu kokwanele.

Imithi ayixazulisi ukungazi ukuthi ungahamba kanjani. Iyilungele ukuthi awukhathaleli ukuthi awazi ukuhamba kanjani. Lena yiqiniso lezokudokotela mayelana nokuntshontshontsho komphakathi kwe-MDMA kanye nokuthulelwa kwengqondo okubangelwe yi-alcohol. Ukuziphakamisa okwenza umdlalo wokujanta ubonakale njengevidi, kuyahlazeka ngenxa yomuthi futhi buyabuyela lapho uphila ngaphandle komuthi. Indlela ye-Recovery Kernel: unikeze umzimba amathuluzi angempela ukuze ukuziphakamisa kungabi nakho ukusebenza.

Inkinga yokubaleka iyinkinga yangempela. Kukhona uhlobo oluthile lokuzilibala—ukulinda phakathi kwamabhanga, ukulinda amandla omphakathi azuze, ukulinda umuntu okhona kule ndlu ubheke—lapho i-foni noma into esetshenziswa ngokweqile iba yinto ejwayelekile. Ukujula kuyindlela yesibili. Ukuzithinta ngomzimba ngezinto ezibukhoma kumculo kungathakazelisa kakhulu kunokusebenzisa i-foni. Lo mbukiso unikeza lokhu ukubambezeleka.

I-RECOVERY KERNEL - UMHLAHLO WOKUQONDISWA.

SECTION 0

NGEMPELA UKUDANSA: YAZA INDABA NGENDALO.

Ukuhamba emoyeni · Oksijini ne-CO_2 · Ukunamathela amanzi · Izindawo zokuphepha · Umugqa weConga.

Hamba ngaphakathi kwegumbi ngaphambi kokungena kulo.

Amaminithi amahlanu wokufundisa ngokuya kuza kungenza ukuba ugcine ihora elilodwa lokunzulu kamuva. Yazi ukuthi uphethilini ukhona. Yazi ukuthi amanzi akhona. Yazi ukuthi yikuphi ongaya lapho umzimba udinga khona into emuva kokulalela umculo.

Iphrothokholi Yokufika: Hamba ngogxile egumbini kuqala.

I-CENTURION - Wonke umshayeli uhlola indiza ngaphambi kokusuka. Wonke usomkhulu uhlola amashadi. Hamba endaweni.

Okugcina okokuqala uma ufika kunoma iyiphi indawo yomcimbi, iklabhu, noma indawo yombukiso ukungahambi ebhari, ukungafuni ukuthola umdlalo, nokungafinqi ukuthi ngubani omdlali. Okufanele wenze ukuhamba emijondolo yendawo ngokucabangela. Lokhu kuthatha imizuzu emihlanu. Kunikeza ulwazi olungeke lutholakale noma luyatholakala kanzima uma indawo egcwele, izibani zinyamalalwa, futhi umzimba ushintshe.

Akuyona ukukhathazeka. Kuyinto ukuziqhenya—ngokufana nalokho umhambi onolwazi owenza ehhotela elisha, uphathi ngaphambi kokuhamba, nomeluleki ngaphambi kokuphuma esibomvu. Yazi indawo ngaphambi kokuthi udinga ukuyilandela ngokushesha.

Ukuhamba Okuhlosiwe Kwamaphuzu Amahlanu.

Phuzu.	Yini okufanele ukuyifunda nokukhumbula?	Kungani kubalulekile ngokukhethekayo?

1. Izindlela zokuphunyuka eziphuthumayo.	Zabalaze. Qaphela ukuthi zikhona zingaki. Bheka ukuthi ziphezulu kuphi uma ukhona endaweni ethile kulo phuleki lokudansa. Kufanele kube khona okungenani ezimbili ebonakalayo kusukela kunoma iyiphi indawo engxenyeni enhle yalo phuleki. Qaphela ukuthi zikhukhumezwa (zikhukhumezwa), okusho ukuthi ukuzisebenzisa kwezinye izimo akuyona ingxenye yephlanethi - kodwa kubalulekile ukuwazi ukuthi ziphezulu kuphi.	Ngenkathi kukhona ingozi emiphakathini - umlilo, ukwethembeka, ukudela - ukuhamba okuyinto evamile ngabantu kuyindlela efika kuwo. Indlela efika kuwo yindawo engenjalo-nje eyingozi. Ukwazi izindlela zokukhipha ezinye kungumhlanganiso phakathi kokuziphatha kwabanye kanye nokunquma kwakho.
2. Isiteshi sezokwelapha / sokunakekelwa kokuqala.	Ngempela uhlala eduze ngemnyango omkhulu, eduze negumbi lokuxolisa, noma uphoqe ngokucacile. Ezinkomishi ezinkulu, kungumtende noma indawo ephoqiwe ngokucacile. Ezikhungweni zokujabulisa, kuvamise ukuba nabasebenzi bokunakekelwa kwezempilo abaqashwe ngabathweswe umdanso eduze kwemnyango. Qaphela indawo yalo, noma ngabe awucabangeni ukuyisebenzisa.	Uma umuntu onake nalokho okudingayo ukunakekelwa kwezokwelapha - noma wena ngokwakho - ukuya esiteshini sezokwelapha ngendlela egcwele abantu akuyona into ofanele ukwenza. Thola indawo yesiteshi sezokwelapha lapho kukhululekile futhi ungagculi.
3. Ukunamathela amanzi.	Manzi mahhala: Izindawo zase-UK zifanele ngokomthetho ukuhlinzeka ngamanzi mahhala. Iningi ezikhungweni ezinkulu zomcimbi kunamaphoyinti amanzi. Yazi ukuthi umthengi wamanzi ufuneka - ikakhulukazi, uyiphi leyo ithengi, hhayi nje 'lelo thengi.' Yazi ukuthi ngabe kukhona izitshwalophi zamanzi zamahhala (ezivamile ezimicimbini yase-UK, kodwa azijwayelekile eYurophu). Yazi ubude bomugqa ngezikhathi ezahlukene zosuku (luyanda kakhulu ngemuva kwamahora ayi-12 ekuseni).	Nge-500ml ngelihora yokudansa kanye namakhithiweji, uzophinde ubuze ukuthi ungathola amanzi kanjani cishe. Ukwazi indlela esheshayo kusukela endaweni oyithandayo yokudansa kuya emanzini kuyinkalazo ebalulekile eyenza kube yinto enzulu ngelihora lesi-3.
4. Igumbi lokugezela.	Amabhathimenti amakhulu kanye nanoma yimiphi eminye encane. Amaklabhu ahlala enezibhatimenti eziningi ezindaweni ezihlukahlukene — kodwa kungenye nje lapho abantu abaningi bayasebenzisa, okusho ukuthi isinye esiyisibili cishe ngaso sonke isikhathi siphansi. Yazi zombili. Yazi ukuthi ungufinyelela kanjani kusuka endaweni yokujanta ebumnyeni, lapho	I-MDMA ingconoza ukucindezela. I-GHB ingathinta umuzwa wephunga. Izinto ezikhuthazayo zithinta ukucindezela. Ukwazi indawo yegumbi lokugqoka ngaphambi kokuba ucindezele, kusho ukuthi awuhamba

	indawo ibhalwe ngokugcwele, lapho umculo ukhulu futhi ukuziqhenya kuyinkinga.	endaweni egcwele futhi emnyama esebumbungwini, ufuna uphawu ongakufundi.
5. Izindawo zokuhlala / zokuphepha.	Igumbi lokuxolisa, uma kukhona. Indawo yokudlala ngaphandle (evamise ukuba indawo efanelekile futhi engenakho abantu abaningi kunazo zonke izindawo). Yonke imihlaba edumile eduze kwemigqa yendawo. Izindlu, amadlelo, kanye nezinkundla ezinikeza indawo yokuhlala. Izindawo ezinezikhathi zempilo (eduze namajethi omoya, eduze kwamnyango kwayo yonke eminye imisakazo, eduze kwamakhambi angaphandle).	Kusukela kwiSahluko 6 selihla lokudansa: ukugxumela okugcwele nge-150 BPM kushisa ama-450–600 calories ngamahora. Umzimba uzodinga ukuphumula. Ukwazi lapho uya khona ngaphambi kokuba leso sidingo sibe yinkinga, kunciphisa ukuhamba ngokulahlekelwe indlela phakathi kwabantu abaningi endaweni etholakalayo uma kunenani eliphezulu labantu, ngenxa yokufuna indawo yokuhlala.

Ukufunda ngamandla kanye nomningi wabantu.

Ingxenye yohambo olwenziwe endaweni yokugcwalisa ukubheka ubukhulu bendawo okukhona njengamanje nokulinganisa ukuthi kuzoba kanjani ngemva kwamahora amabili, ayi-nane, kanye ayi-sithupha. Lokhu kuthinta ukuthi uzibeka kuphi endaweni yokujanta kulo lonke umcimbi — futhi kunomthelela omkhulu emzimbeni wakho ngaphandle kokuba nje kube okunzima.

Ubuningi bomphakathi.	Kubonakala kanjani.	Ngingakwazi ukukusiza ngalokho.
Inzwa - ukufika ngaphambi kwesikhathi esifanelekile noma indawo enkulu uma kuqhathaniswa nomphakathi.	Ungakwazi ukunyusa izandla zakho zombili ngaphandle kokuthinta umuntu. Kukhona indawo ecacile phakathi kwamagroupi.	Ukunyakaziswa okuphelele. Ukungena komoya okukhulu kuzo zonke izimpiko zombili. Indawo yokudansa iyatholakala kalula futhi iyajabulisa kakhulu ngale ndlela. Kungakho ukufika kusenesikhathi nokuthola indawo enhle kuyinto ebalulekile.
Indawo efanele - indawo esondela ekugcineni komthamo wayo.	Hlala kude kunoma ubani ongumuntu omdala, kodwa ungakhululekile ukuhamba. Ungazi ukuthi abanye	Ukuhamba kungenzeka kuzo zonke izindlela. Ukugxilile kwe-CO_2 kungajwayelekile. Izinga lokushisa kulungile. Lesi

	bayaphila, kodwa uhlale kude kubo.	yinkinga yokulingana efanele ukuze kube umthamo omuhle bosuku.
Igibhile - indawo egcwele kakhulu.	Abantu bahlala kodwa kuthile, futhi ukuhamba kuyadingeka kodwa kuxutshwe ngendlela abantu behambela ngayo kanye nokukhethwa komuntu ngamunye. Ungazwa ukushisa kwemizimba yabantu abathintekayo nawe.	I-CO_2 iqala ukuphakama. Ukulawula izesekeli kubangela ukuthi kube nzima kakhulu. Izindlela zokuhamba ziyancipha futhi ziba ngalezo ezilungele indawo - amagxenge amancane, hhayi amagxenge amakhulu. Uma usukuze ube kule ndlela uma ufika: thola imingcele, thola ukunyakaza komoya, thola indawo yakho ngaphambi kokuthi ungene phakathi.
Ukukhishwa kokuthunga — ngaphezu yomthamo oqinisekisiwe.	Akukwazi ukukhulisa amabhokwe wakho mahhala. Umphakathi uyahamba njengombunjwa owodwa. Uzizwa ingcindezi ezindaweni eziningi ngasikhathi sinye.	Ingozi. I-CO_2 iphezulu kakhulu. Ukulawula izesekeli kuyasilelwa. Ungafaki umzimba wakho endaweni ephakathi. Hamba emaphethelweni, hamba ngqo ezindaweni zokukhipha, noma uphume. Le ndlela yokuba nenani eliphezulu kakhulu yegesi encane nendawo enomoya ongcono ayimbangela yengozi yezempilo.

Umbuzo we-Oksijeni/i-CO_2: Kungani Ubukhulu Bomphakathi Buyathinta Indlela Ozwile Ngayo.

I-CENTURION - Ubuhlungu bekhanda akuhlosi ukuba ngempelasonto. Kwangaba umoya.

Umoya ojwayelekile uqukethe cishe i-0.04% yegesi eyi-carbon dioxide (ama-400 "parts per million"). Endaweni enomoya omuhle, izinga le-CO_2 lihlala eduze naleli nani ngaphandle kokuthi kunenqwaba yabantu. Kodwa endaweni yangaphakathi engenamoya omuhle—ikakhulukazi izindawo ezifundini, igumbi elinamende aphansi, noma yiluphi uhlaka lapho ukuhamba komoya akulungiselelwe kahle ngabantu abaningi—i-CO_2 iyanda ngenxa yokuthi abantu bayophuza.

Izinga le-CO_2.	Lapho lokhu kwenzeka emicimbini.	Nini okwenzekayo emzimbeni?
400–800 ppm (ingilazi yangomoya evamile / endaweni enokungcwaba okuhle).	Amabhulozi ezinkundla zengosi yangaphandle. Izindawo zingaphakathi ezinomkhakha womoya oanele. Eduze namanyango kanye nezindonga zangaphandle. Eduze nefreyimu ye-DJ (njalo, lolu hlu luvamise ukuba nomoya omuhle ngobukeke).	Okunormale. Akukho umthelela ekuboniseni noma ekuvikelweni kwemizimba ngenxa ye-CO_2 ngokwayo.
800–2000 ppm (indaweni yangaphakathi esetshenziswa).	Noma yiliphi indawo yangaphakathi enabantu abaningi kanye nomoya ovungile okungenxa yobumnyama. Amakhlabhu ngesikhathi esisetshenziswa kakhulu endaweni yokujanta ephakathi.	Ngezinga lezinguqulelo ezingu-1000 ppm: imiphumela encane ekubandakanyeni kwengqondo iboniswe ezifundweni ezinomthelela—ukwanda okuncane kakhulu esikhathini sokuthatha izinqumo. Ngezinguqulelo ezingu-1500–2000 ppm: ukuba nezindlebe, ukuphakama okuncane kwamandla. Lezi mpumela zincane kodwa ziyanda uma zihlanganiswa nokuntuleka komswelo, ubushisa, kanye nokutshekelwa kwezinto ezithile.
2000–5000 ppm (ukuntuluka okubi, umphakathi oninzi).	Izindawo ezikhuni ezigcwele kakhulu. Izindlu ezinomoya omncane. Indawo ephakathi yombuthano omkhulu ngesigqi esingaphakathi. Noma yiliphi indawo lapho ungabona khona	Ukuba nesikhathi esifushane kakhulu sokugula kwegciwane. Ukulahlekelwa ukulinganisa, okubonakala sengathi kungaphezulu kakhulu. Ukulahlekelwa umqondo

	ukukhanya okubonakala ezindongeni noma esicongweni ngenxa yomswakama owenziwa abantu.	lokuzimisela ongenye indlela ehlukene nezinqwaba. Ukwanda kwezimpawu zokuphefumula. Ukuphazamiseka okuvela ngokushesha kunalokho ukuhamba okwenziwayo. Lezi zimpawu zivame ukubangelwa yizinqwaba — kungase kube umoya.
5000+ ppm (ngenjalo - okungenzeka kakhulu kodwa kungaba khona)	Izindawo ezincane futhi ezinomoya omncane, ikakhulukazi amakamelo asebhasementi agcwele kakhulu. Akujwayelekile ezindaweni ezilawulwa ngobungcweti, kodwa kubhalwe ukuthi kwenzeka emicimbini engunamathelisi noma elawulwa kahle.	Ukuba udlala ukujwayela okukhulu, ubunzima ekuphefumuleni, ukwandisa kwezinhliziyo, kanye nokulahlekelwa kokuhlonipha. Lena ingxenye yendawo edinga ukuphuma. Uma abantu abaningi eduze nawe bazikhombisa lezi zimpawu ngasikhathi sinye: umoya ungumkhuba, hhayi izinto ngokwazo.

Ungathola kanjani umoya ongcono kunoma yiliphi indawo.

Akukwazi ukushintsha ukuvutha kwendawo. Ungazibekela endaweni lapho umoya usengcono khona:

- Eduze kwe-DJ booth — izindawo zidinga ukuthi ziprotekte i-DJ ekushiseni kanye ne-CO_2 ngesikhathi eside. Ukungcwabela eduze kwendawo ye-DJ kuhlale kungcono kunengxenyeni ephakeme yendawo yokudansa.
- Eduku eliseduze kwamakhuni - i-CO_2 ibandeka kakhulu endaweni ephakathi yegumbi futhi iyatholakala eduze kwamakhuni lapho umoya ngena khona. Indawo egumbini lokudansa eseduze kukhuni elingaphandle inesisindo somoya esihle kune-CO_2 uma iqhathaniswa nendawo ephakathi.
- Kuma migqa yezindlu ehlanganisa izindawo eziningi—ngamunye umugqa ohlanganisayo unikeza indlela yokutshintshana komoya. Indawo phakathi kwezikhambi ibanga impilo engcono kunendawo yangaphakathi yesikhumba ngasinye.
- Izindawo ezephezulu — I-CO_2 incane kakhulu kunomoya, kodwa endaweni enabantu abaningi, lokhu kungaba nomthelela omncane. Kodwa-ke, indawo ephezulu noma igumbi elinamaphulemisi ngokuvamile inokungcwabaluluka okuhle ngohlelo.
- Eduze nanoma iyiphi indawo evubukekayo yomshini wokupholisa umoya, ipuleti, noma ifeni — zizwa ukukhona komoya. Ukukhona komoya kusho ukuthi kunokuguquka okungcono kwe-CO_2. Uma umshini wokupholisa umoya usebenza, umehluko wetempelature uzobonakala ngisho nakuma ndawo ashisayo.

- — Indawo yokudlala ngaphandle, indawo yokutshwala engaphandle, igumbi lokubonisa elingaphandle. I-CO_2 yangaphandle ihlala yiyona esezingeni elijwayelekile. Uma uthola ukuba nesibindi, ukuphazamiseka kwengqondo, noma ukukhathazeka okungachazeki ngaphakathi: yiya ngaphandle imizuzu eyishumi ngaphambi kokuthi uqiniseke ukuthi yonke into iba ngenxa yezinto osetshenzisiweyo.

Umthelela ohlanganisiwe: CO_2 + MDMA + ubushisa + ukuntuleka kwamanzi + ukudla okubi kudala umthwalo omkhulu kobufuzo bomzimba. Ukuthola ukuthi yimuphi umgudu obalulekile - futhi ukubhekana nalowo mgudu - kudinga ukuqonda ukuthi i-CO_2 iyingxenye yalokho konke. Umuntu ose eceleni ngaphandle imizuzu eyishumi futhi uzwa ukuthuthuka okukhulu uyazi ukuthi ikhwalithi yomoya yayiyingxenye enkulu, hhayi nje izinto ezithile.

Imephu Yomkhakha Wamanzi.

I-CENTURION - Hlula umzila uma ungenayo into yokwenza. Uhambe ngalo uma udinga.

Uhlelo lwemikhakha yamanzi olusebenzayo nelucacile. Ngesikhathi uhamba endaweni, thola futhi uye ngomkhuba kuwo wonke amakhulu okulandelayo ukuze wazi umzila ngokwakho, hhayi nje engqondweni:

Istimini.	Yini okufanele ukuyibheka ngenkathi uhamba?	Isikhathi sokusetshenziswa.
Amanzi amahhala / Isiteshi samanzi.	Indawo. Ukuthi ngabe kunomugqa uma ufika (ngokukhawulelwe = omufushane; ngenxa yokuphakama kwebanga = ude umane). Ukuthi ngabe kunamaphuzu amaningi noma okodwa kuphela. Ukuthi ngabe amanzi atholakala obandayo. Ukuthi ngabe udinga ikuphini lakho noma isinye isivalo.	Phuzela ngaphambi kokuba ube uphutha. Ukuphetha ukwaphutha kuzoholela ekuntwini eziningi, kakhulu emicimbini egcwele umsindo nomswakama. Umgomo wakho kufanele ube yi-500ml njalo ngehora ngesikhathi wudansa, kanye namakhithi. Ungalindi ukuba umlomo ude umame ukuze uye uthole amanzi.
Ibhawa eliseduze kendawo yomdlalo wakho.	Yiliphi ibha elinendlela emfushane ukufika kulo kusukela endaweni ongayithanda? Yiliphi ibha elinezinketho ezithengiswayo eziningi futhi ezinokwethemba. Yiliphi ibha elincane umugqa phambi kwaso nganoma yisiphi isikhathi (njalo, imigqa ayihambisani).	Uhlelo lokuxhasa ukwanda kwamanzi: umuntu odwa uhlala endaweni yokujanta, omunye uya ebha. Hlela lokhu ngaphambi kosikhathi esingaba nenxushuna enkulu. Umuntu osuka endlini yokujanta ngenkathi yisikhathi esikhulu somculo uzolahlekelwa ngalo isikhathi. Hlola ukuthi kunini umuntu oya ukuphuza amanzi, kungaba phakathi kwezinto ezidluliselwa noma lapho amandla omculo ehlile.
Ikamu lokuhlaziywa (ukushisa).	Amabhadi omabili, uma kukhona amabili. Isikhathi sokuhamba kusukela endaweni yokujanta (bala izinyathelo - ngempela). Isikhathi somugqa ngesikhathi esilinganiselwe sephakethe eliphakeme bosuku (ngesiyeva-3 AM ezinkundleni zokuzijabulisa).	Ukuba nezinkinga ngesikhathi uma uthatha i-MDMA, ama-diuretics, noma ukuthenga amanzi amaningi kungenxa yobunzima. Ukwazi ukuthi igumbi lokugqoka liyodwa kuma-sekondi angu-45, kunokuhamba esitepaneni kanye nasezindongeni ezithile okuthatha imizuzu emi-3, kukusiza ukuthi uthathe isinqumo ngokucacile kunokuba

		uphunyuke ngokushesha.
Indawo yokuphepha kanye nendawo yokuhlala.	Igumbi lokuxolisa, uma kukhona. Indawo yokubhaxa enezihlalo. Noma yimiphi imibhede noma izindawo zokuhlala. Ubude nomzila ovela endaweni enkulu yokujanta.	Umzimba udinga ukuzimisele ukuphumula. Kusukela kwiSahluko 6 selihlonipho lokudansa: ekuhambeni okunomsindo omkhulu, umzimba usebenza ngempela. Hlela ukuphumula okuyizikhathi ezingu-10 emithweni engu-90 yokudansa. Yazi ukuthi uya kuphi ngaphambi kokuba nawo wona.

Indlela "Yokubala Izinyathelo".

Ngokuhamba kuleli hlugelo lokuqala, bala izinyathelo ezivela endaweni yakho ehlelelwe yodansa kuze uye kuzo zonke iziteshi. Akukhona ukuthi uzokhumbula inani eliqondile — kodwa umsebenzi wokuhamba ngomyalo uyenza ukuthi ulwazi lufakwe emuva kwamehlo akho. Uma udinga amanzi ehora lesithathu, usenguthandeni futhi uphethwe endaweni edumekile, amagxenge akho azokukhumbula indlela nakuba ukuhamba kwakho okucelene kungatholakali.

- Amanzi: __ izinyathelo kusukela endaweni yami. Isiqondiso: __
- I-bhathroomi (eduze): ___ izinyathelo. Isiqondiso: ___
- I-bhathroomi (ngokuvamile): Amasinyadiya angu-___. Isiqondiso: ___.
- Indawo yokumisa: __ izinyathelo. Isiqondiso: __
- Isiteshi sezokwelapha: ___ amamitha. Isiqondiso: ___
- Phuma endaweni yokujanta eduze: __ amamitha. Isiqondiso: __

Akuyona into eyodwa. Kungukulungiselela okufanayo okunenzakalo yezimo eziphuthumayo, abasebenzi bomcimbi, kanye nabaxoxi abanolwazi bezinkundla zokuzijabulisa abenzi njengoba kumele. Imizuzu emihlanu esetshenzisiwe ekuhlaleni ngezindlela zomcimbi yindlela efanele kakhulu yokunciphisa umthelela omubi kunoma yiliphi elinye iqembu lomcimbi.

Isimo: Ukuphepha Okuzalwa Ngokucabangela ngokumane nesimo esiphathwayo ngemuva.

I-CENTURION - Umzimba ophumula ngaphambi kokuthi kudingeke ukuphumula uyimzimba odansa kuze kuseni.

Ingxenye yesi-6 yale "Move Guide" ichaza izidingo zekalori kanye nezinto ezibalansayo zomzimba ngesikhathi sokudansa okuhlala njalo. Uma umzimba usebenza ngokugcwele—ukukhanya, ukuhamba kancane, ukutsotsa—umzimba usebenza ngezinga eliphezulu. Ukungaphazamiseki okuvamile abantu benza ngukuthi baqhubeka nale nkinga kuze umzimba uthe wanquma ukuyeka, kunokuzonquma ukuphumula ngaphambi kwalokho.

Ukuphephisa ngemuva kokuba nenkinga (lokho abantu abaningi benza).	Ukuphepha okwenzelwe ukuthuthukiswa (okuthi umzimba uyawufisela).
Dlala umdlalo kuze izinyawo zizwa ubuhlungu. Phonsa izinyawo. Dlala kabanzi. Izinyawo ziqala ukucindezela kakhulu. Ekugcineni, umzimba uqinisa into—umuntu kufanele ahlale ngokushesha, uzwa ukulahlekelwa, uthola ukuthi amanzi emzimbeni aphelele kangangokuba azwakale ubuhlungu, noma nje angakwazi ukuqhubeka. Ukuhlala okulandela lokho kuyinto yokululama ekulimekeni kunokugcina amandla.	Hlela ukuthatha phakathi kwamaminithi ayi-10 njalo ngeminyaka engu-60–90 yokujoyina. Shiqa umdlalo ngaphambi kokuba umzimba ucele. Hlala. Noma uphuze amanzi anezinto ezibalansayo. Dlile i-banana esikhwameni sakho. Buyela emdlalweni ngaphambi kokuqeda kwesethi. Ukuphepha kuyithuluzi, akuyona ukunqotshwa.

Igumbi lokuxolisa: Ezindaweni ezinezinto ezifana nalokhu: igumbi lokuxolisa akuyona indawo ongaya kuyo uma usuphela umcimbi. Yindawo ongaya kuyo imizuzu eyi-10 ngaphambi kokubuyela endaweni yomcimbi. Ezindaweni eziningi, igumbi lokuxolisa lidizayinjwe ukuthi libe nomsindo ophansi kanye nomswakama ophansi. Ukululama kwengqondo ngomzuzu kungaba ngokushesha kakhulu egumbini lokuxolisa kunalokho okwenzeka eduze kwendawo yokujanta.

Indawo yangaphandle: Indawo yokudlala uthuli noma ithebhilithi langaphandle yindawo efanelekile kakhulu yokuvuselela esikhathini esiningi ezinkundleni. Inenani eliphansi le-CO_2 kunazo zonke izindawo ngaphakathi. Izinomswakama ophansi. Inobuningi obuncane. Imizuzu eyishumi engaphandle ehora lesithathu ingaba yumehluko phakathi kokuhlala kuze kube ubusuku bendawo (8 AM) nokuhamba kusasa ngo-3 AM.

Noma kunjalo, leli thuba lingasetshenziselwa ukuxhumana nomuntu. Le ndawo ayidingi ukuthi izingxoxo ziyeke, ukuthi ubudlelwano buvikeleke, noma ukuthi umuzwa ubuthintekile. Ezinye zezinkulumo ezibalulekile kakhulu emicimbini zenzeka lapho abantu baphumile ekuhambeni. Umuntu

osele ehlale amahora amane unokukukhuluma okuningi. Indawo yokuphepha yindawo lapho lokhu kungahamba khona.

I-Conga Line: Umdlandla Ombalwa Wonke.

I-CENTURION - Ukujula Okodwa Abanye Abantu Bangakwazi Ukuyibona Ngenxa Yokuthi Wonke Umuntu Uyiludansa Ndawonye.

Konke okushiwo kulolu hlu lwemiyalelo kuze kube manje kuxoxile ngamakhono okudansa ngabanye kanye nokuzethemba komuntu ngamunye endaweni yokudansa. Ukudansa kwe-conga kuyinto ehlukene. Akudingi nakho okunye ukuzama. Kwenziwe ukuze kufakwe wonke umuntu. Kuhamba kuyo yonke imikhakha yobuhlanga endaweni yokudansa ngenxa yendlela esakhiwe ngayo. Futhi kunokujabulela okuyingxenye yawo, okuhlukile kwanoma iyiphi enye indlela yokuzijabulisa endaweni yokudansa.

I-conga line akuyona into esezingeni laphambilini futhi eyinto ejabulisayo. Yindlela efanele kakhulu yokuxhumana ezindaweni zokujanta, ngenhloso ethile nebalulekile: ukufaka abantu abangakafuni ukujanta ekujanteni.

Imikhuba - Kulula ngokubekelelwe.

I-phethini yesinyathelo.

1. Qhubeka, landa igxathu elilodwa ngomlenze oyimpumelelo.
2. Qhubeka: Ngena isinyathelo ngomlenze.
3. Ukushayela: Inyawo elungile kushayelwa kancane ngaphandle, hhayi phezulu - ukushayela okuncane oluhamba kahle cishe ubude lwenyawo.
4. Qhubeka ngesinyathelo esilwisini.
5. Qhubeka ngesinyathelo esingemuva ngomlenze oyimpumelelo.
6. Ukugxoba: Ihlisa elesi-gundi liyagxoba kancane ngakwesokudla.
7. Amalungiselelo:

    * Qala ngokuhamba kancane.
    * Landela amanyathelo alandelayo:
        * Ngomzuzu owodwa, yehla ngesinyathelo esisodwa.
        * Ngomzuzu oziyini, yehla ngesinye isinyathelo.
        * Ngomzuzu wesithathu, gijima phambili.
        * Ngomzuzu onesiweshumi, yehla ngesinyathelo esisodwa.
        * Ngomzuzu owodwa, gijima phambili.

    Ungagcwalisa leli thuba ngokuzidela.

Izandla: Mabele kwiwesi noma ezimpungwini zalowo muntu okhona ngaphambi kwakho - hhayi emadlelweni (okungenanqubeka) futhi hhayi esicalweni (okungabuhlungu). Izandla zihlala ngokuthule ezinhlangothini zeswi. Akudingeki ukubamba. Ukuxhumana kubukhona, hhayi ukubambela.

Umuntu oholayo umugqa wezintambo uyakhombisa ukuthi kuya kuphi. Umugqa uyalandela. Ukukhombiswayo kungashintsha nganoma yisiphi isikhathi—umholi uyakhombisa ukukhombiswayo ngomzimba wakhe. Wonke umuntu omanye uyalandela. Akudingeki ukuhambisana okungaphezulu kokulandela amaphuzu ahlalayo.

Ukujoyina: Igama le-conga linokujoyinwa kunoma yiliphi iphuzu ngaphakathi kwayo. Hamba esandleni selayini, uye emuva komuntu wokugcina, faka izandla. Usungene. Igama alilali, alibambezele, noma lingaxoliswe ngokufakwa kwakho—livalwa nje.

Umsebenzi Womphakathi: Okwenzekile Ngempela Ngenxa Yokudansa Kwe-Conga.

Inkinga endaweni yokujanta.	Ungalungisi.	Kungani lokhu kubalulekile kwi-ndaba yomkhosi?
Umfu omi ngasohlangothini, ongabuki—umuntu ofuna ukuba yingxenye yalokho okwenzekayo kodwa engazi ukuthi ungena kanjani endaweni yokudansa.	Uhlelo lwezinga lokudansa lungahamba ezindaweni eziphansi, lungathatha abantu ababambe ifoni, futhi bawenze bahlangene nodanswini ngaphandle kokudinga ukuthi benze umhlahlulo. Umehluko uyindlela yangempela—umuntu okhona phambi kwabo kuleli hlelo—futhi okudingekayo ukuzibophezisa kuyinto encane.	Ukufakwa ngaphandle kwemfuno. I-conga ayiceli lutho ngaphezu kokuthi "bambani izandla lapha futhi niyikele phambili." Lesi yinkinga encane kakhulu yokuba umuntu angene ekudanseni.
Ukucindezela okubangelwa ukusebenza ngabanye—umuzwa wokuthi ubukekile futhi uhlolwe njengomdlali oyedwa.	Ukuhlangana kwabantu njengoba kunjalo kususela ngokuphelele ukusebenza komuntu ngamunye. Wena uyingxenye yombuthano, hhayi umculi. Akekho ohlolisayo ukudansa kwakho noma indlela oyidlala ngayo. Okubonakalayo kuphela kuyilethi elikhulu.	Kubantu abanesikhulu sokukhathazeka kwezomphakathi, okuthi ngempela ifoni esebenza njengwesikrini sabo, i-conga iyindlela engaphandle kwezokudweba yokunciphisa ukungqubuzana, njengoba i-MDMA yenza: ukubamba iqhaza kwezomphakathi ngaphandle kokukhathazeka ngokuzithuthukisa.
Inkinga yendawo - abantu	Umgudu womdlalo	Lesisikhathi esiyingxenye

abafuna ukuxhumana nabanye ngaphakathi kwendlu yokujanta kodwa abanazo izizathu zokuyogqoka ukuya kwawo.	wamaConga uyahamba. Yilono hlangothi olulodwa lokuhamba olunjalo olufaki ukunyakaza ngaphakathi kulo. Umgudu womdlalo wamaConga oqala eduze nefreyimu yomculo uzophuma kuzo zonke izindawo zendawo uma umholi elihambisa lapho.	ebaluleke kakhulu yalo mgudu wezingoma. Luxhumanisa izinhlanga zabantu ezihlukene, hamba kuyo yonke indawo yokujanta, futhi luthatha abantu ababeyizinda ezahlukene, futhi dalula isikhathi esisodwa esingenziwe ngalezi zinhlanga ngaphandle kwalo mgudu.

Nini izinkomo zokuhamba ezenzeka—futhi nini okufanele uqale eyodwa.

Izimo zemvelo: Amagugu ajwayele ukubonakala ngesikhathi:

*** Ngesikhathi esiphezulu sokujabulela kusihlwa lapho amandla omphakathi ekhuphuka kakhulu kanye nezilinganiso zomphakathi ezibanzi;**
*** Ngokuguquka phakathi kwamajaji ngesikhathi amandla ashintsha kancane futhi abantu bengabambelelwa ekuhlangenwe nakho kobuntu bomuntu ngamunye;**
*** Ngesikhathi samaholide ngemini lapho isimo sezulu, umphakathi kanye nomculo bahlangana ukudala injabulo enhle.**

Ungayiqala kanjani: Umuntu kufanele uqale. Bamba inhloko noma uthinte umuthi womuntu osezwakheni wakho. Qala ukuhamba ngendlela efiselekayo. Uthinte umuntu ongemuva kwakho. Abantu abathathu bayidakwa njengokudansa okuyisikhathi esisodwa. Kuyokhula.

I-BPM ephezulu: Amagqubu ka-Conga asebenza ngempela kuma-BPM angu-100–130—amathuba okubhujwa kanye ne-Afrobeats lapho iphathini "step-step-kick" ifana ngokwemvuzo nezimpiko eziboniswe yidrumu elikhulu nelisheshayo. Kuma-BPM angu-150, kwi-hard techno, i-"step-step-kick" iba ngokushesha kakhulu. Kuma-BPM angama-80, ibe yishesho kakhulu ukwakha amandla.

Indlela: Izindlela ezinhle kakhulu zokujuluka zizungeza indawo yokudansa, zidlula ezindaweni zomphakathi ezintwini, futhi zibuyele. Isilingo sithatha abantu abaningi kakhulu. Indlela elukhuni (eqondile ngaphansi kwevenyu bese buyela) iyindlela ehlanganisiwe kodwa ithatha abantu abambalwa kakhulu.

Ukuhlanganisa: Kusukela kwiSahluko 0 kuya kweSahluko 8.

I-CENTURION - Ukufundwa kwendawo yindawo yokuqala. Ukudansa kuyinto yonke eminye.

Manzi yokuhamba manje iyalandela leli fomu elandelayo: fiya, uhlola igumbi, hlanganisa amaphuzu amahlanu, qaphela ukuba khona kwabantu, thola izindawo zempilo yomoya, bala izinyathelo ukuze ufinyeleke amanzi kanye negumbi lokugezela, qaphela indawo yokuphepha. Ngemuva kwalokho: thola umdanso, sebenzisa ukuhamba okuyisisekelo, fana nemvelo yomdanso (BPM), sebenzisa izindlela zama-tango nama-cha-cha uma umculo uyadinga, gxumela phansi uma umculo udinga lokho, thethelela uma kungenani kudingeka, susa ifoni yakho, zigxumela ngokuphelele kuzo zonke izinyathelo, mphume ngaphambi kokuba umzimba wakho udinge ukumphuma, buyela phansi uphuziwe.

Uma isikhathi sifika—ngesikhathi eside kakhulu, lapho izindonga zomphakathi zishoniwe, uma amandla omkhonto efinyelela kulokho okukhethulwa kokujabulela okuwukudala kwamamojula amahle—qala umugqa wokungoma. Noma joyina owodwa osekuya. Umugqa uzoya lapho uya khona. Thatha wonke ubani obedlula kulo.

IHLAHLU LOKUQONDOZWEYO 0 - GCOKWA PHAMBI KOKUGQAMA KWEMFUNDO.

☐ Izindlela zokuphunyuka eziyindiza - okungenani ezimbili.
☐ Isiteshi sezokwelapha / sokunakekelwa kokuqala satholwe.
☐ Indawo yamanzi mahhala iqinisekisiwe - umzila ugxile.
☐ Indawo yegumbi lokugeza iqinisekiswe - eyinhloko neyesikhathi esincane.
☐ Indawo yokupumula / indawo yokuxolisa itholakaliswe.
☐ Izindawo zokukhishwa komoya zibalwe - lapho ukunethezeka kungenzela khona.
☐ Ukufundwa kwabadlulekile - ukuthi manje kukuphi kanye nokuthi kuzoba kanjani.
☐ Amanyathelo agcinwe emzimbeni — amanzi, igumbi lokugeza, umphumela.
☐ Ukugcwalisa umthamo wamanzi - ama-electrolyte, ubhanana, ama-nuts aseBrazil.
☐ Ukupumula okuhleliwe kuqediwe - njalo ngemizuzu engama-60-90.
☐ **Conga line: kungunketho, kodwa iyatholakala uma kudingeka.**

— — —

Isectioni ye-0 Ye-The Recovery Kernel Move Guide | Faka phambili kuleli dokumende elikhulu lomyalo.
Hamba ngaphakathi kwegumbi. Yazi umoya. Yazi amanzi. Yazi ukunexithela. Khona, dlala.

Umnyuzelo 1 - Isisekelo: Izinto Ezintathu Wonke Umuntu Angenza.

I-CENTURION - Ngaphambi kokuhamba ngazinye, kukhona umqulu. Lo mqulu ukuguquka kwesisindo.

Yonke uhlobo lwedansi - kusukela ku-Viennese waltz kuya ku-Afrobeats kanye ne-Berlin techno - yakhelwe kule mikhuba yomzimba efanayo: ukuguqulwa okucatshangelwayo kwesisindo somzimba kusuka kwenye ingxenye yengalo eya kwenye. Akuyona into yokugudula. Akuyona into yokuhlungu. Akuyona into yokunyungula amagilezi ngendlela efanayo. Kuyisilingiso esiqinile sesisindo. Yilokhu okwenza ukunyakaza kubukeke njengokwenziwe ngokucwilisekayo. Kunginto ebaluleke kakhulu kulolu hlu lwemikhuba yonke.

1.1 — Ukuguqulwa Kwesisindo: Umgomo Oyisisekelo.

Kungabonakala kanjani ngaphandle kwalokho?	Kungabonakala kanjani ngalokho?	**Ngingakwazi ukukusiza ngalokho, kodwa ngidinga kabanzi mayelana nalokho ongufunayo. Sicela unikeze imininingwane eyengeziwe ukuze ngikwazi ukukunika izimpendulo ezifanele.**
Amagxube amabili afakwe phansi. Umzimba uyaguga phezulu naphansi ngaphandle kokuhamba kusebenza noma ngaphambili nangemuva. Ukunyakaza kuyadumele, kodwa umuntu akuhambi ndawo futhi akuxhumeki nganoma yini. Lokhu kuyi-'ukuguga okungokomoya' — ukunyakaza okuyingxenye yendlela uma umzimba awazi ukuthi yini okunye okufanele ayenze.	Ngezikhathi ezithile, isisindo siyashintsha futhi sifinyelela kuminyango oyedwa ngaso sonke isikhathi. Umzimba unohlanga oluqhubekayo ngasinye isikhathi. Ukunyakaza kunegumbi lokulinganisa eluhamba. Umuntu ubukeka efana nomdlali wesigubhu ngoba enza izinqumo ezibalulekile mayelana nendawo ngomzimba wakhe.	Miya ukuma ngezinyawo ezihlukaniswe ububanzi bezindlebe. Beka wonke umzimba wakho esandleni esilapha. Konke – isandla esivalo kufanele nje nje lithinte kanjani phansi. Manje, ushintshe konke kwasendlini. Kancane. Zizwa ukushintsha. Manje yenza lokhu ngesikhathi esifanele. Yebo, kunjalo. Lena iyisisekelo sozonke okunye kulolu mbukiso.

1.2 — Ukuthola Izimpawu: Kubantu Abacabanga Bangakwazi.

Abantu abaningi abathi bayakwazi ukuthola umdwebo ngempela bathola olunye uhla lomculo kuye olumdwebo omkhulu. Umculo we-elekthronik unohlu olunzima lwemidlalo eyenzeka ngasikhathi sinye. Nansi indlela esheshayo yokuthola umdlalo odingekile:

- Lalela umsindo we-kick drum—umsindo ophansi kakhulu futhi oqinile kakhulu emusini wokudlala ngegajethi. Ngempumelelo uyavela kumabhithi angu-1, 2, 3, kanye no-4 ngohlobo lwe-house ne-techno (uhlelo oluyi-"four-on-the-floor"). Yilonke uhluzo olukhulu futhi oluqinile kakhulu. Zizwa lo msindo ngogazi lakho, hhayi nje ngezindlebe zakho.
- Uma ungakwazi ukuzwa i-kick drum ngenxa yendawo egcwele, bheka ikhanda lomculo. Abaningi bomculo bahlaba ngesikhathi esiyisibili. Landela lokho.
- Uma usengakutholi, buka umuntu obonakala ejabule futhi uzame ukulandela isikhathi sokuhamba kwakhe ngeminwe yakho imizuzwana engama-30. Uhlelo lwakho lokulawula izimpawu luzobuyiselela irithimu ngokukopisha ngaphambi kokuba ingqondo yakho iqaphele.
- Ibhithi olitholile akudingi ukuba yibhithi abanye besebenzisa. Ukushintsha ubungane bebhithi (half-time) kuyavumelekile. Ukuphindula ubungane bebhithi kabili (double-time) kuyavumelekile. Umthetho: zibophezele kulona olukhethile.

1.3 — Izindlela Ezintathu Eziyisisekelo.

Izinyathelo ezintathu ezisebenza kunoma iyiphi indawo yokujanta, kulo lonke uhlobo lomculo, kanye nanoma yilaphi ileveli yobuntwana. Yonke lezi zinyathelo ezintathu sezisuselwe ekuguquleni kwesisindo. Yonke lezi zinyathelo ezintathu zingashintshwa ngokuphindaphindiwe.

Thuthukisa.	Ungakwenzani?	Yini ongayenza ngezandla zakho?
I-Bounce.	Miya izinyawo ezihambisana nombango wamaphuzu akho. Amahlathi akhuni kancane - ungagxumisi, vele ungawenzi ukuthi ahlale. Kumabhithi ngamunye, vumela amahlathi ukuba anqobe kancane, bese uyabuyisa. Ukuhamba kuyisikhathi esincane kubonakala kusukela ngaphandle, kodwa kuxhuma nawe kumlayezo womculo. Faka ukuguquka kwesisindo esuka ekhanda elilodwa kuya kolunye njalo emabhithini amabili ukuze kube bonakalayo. Lena akuyona ukugxumela. Lena ukulawula isisindo.	Hlanganisa izingubo zakho, yenze ukuthi zingabi nalukhuni elithintekayo umzimba wakho. Vumela izingubo ukuthi zihambisane nomjikelezo womzimba. Uma ungazi ukuthi uyenza kanjani: isandla esinye singahlala phezu kwesifuba sakho, nesinye singakhululekile. Gwema ukuhlanganisa amabhande akho ngaphambi kwasifuba— kuyisikhombiso somzimba sokungathandi, futhi umzimba uyazi lokhu.
I-Two-Step.	Yenza ukuthi ingxenye	Ukuhamba okunezinyathelo

	yangemuva yomkhakha ube ngakwesokudla ku-beat engu-1. Yilethe umkhakha osekhohlwini ukuze uhlangane nayo ku-beat engu-2. Yenza ukuthi umkhakha osekhohlwini ube ngasekugcineni ku-beat engu-3. Yilethe umkhakha oyisikhundla ukuze uhlangane naye ku-beat engu-4. Lokhu kuyizinyathelo ezimbili ezihleliwe. Faka ukushukumisa okuncane kwegeja ngqo ohlangeni lomkhakha owususe. Ungahamba phambili, ngemuva, noma kuzwa elilodini elincane naleso senyathelo. Akudingeki ukuthi wenze okunye uma uyenza lokhu kahle.	ezimbili kwenza ukuthi amehlo athambe ngendlela evamile — ummese olinye uyagxuma phambili lapho inga elinye ligijima. Vumela lokhu kukhulelwe. Uma ufuna ukwengeza ukunyakaza kwamahlaya: landelela kancane ngqo endleleni oyihamba, buyela emuva uma ubuya. Noma ummese olinye ulunge kancane ngezikhathi 1 nezingu-3, hhayi kwezingu-2 nezingama-4. Amahlaya kufanele azizwe njengokuthi ayindlala, hhayi ukuthi uyenza izenzo.
I-Lean.	Ok, ngoba uyasebenza kahle kuma-minimal techno angu-130–150 BPM. Misa imilenze yakho ibe yobubanzi bomhlathi wakho, futhi uqinise ukulinganwa kwesisindo sakho. Kusukela ehlombe—hhayi ekhanda—thenga ku-10 degrees ngaphambili. Isisindo sakho manje sivaliwe ezindlebenjini zeminye imilenze yakho. Ikhanda lakho liyagxumela ngokwemvula yombungulu. Izandla zakho ziyakuphakathi lapho uzizwa ukuthi kulungele. Ukuthunga kuveza khona kanye nokuzifihlela ngomculo, ngaphandle kokudingeka kokuqamba ngezinyawo. Kungokwenzekile lokhu okungenzeka ukuthi abaningi abathandi umculo we-techno eBerlin bayenza.	Ukubambelela ngamagxavu (kuyamukelwa kuleli thuba elithile ngenxa yokuthi ukuthuka kuwumthelela wokuzimisela, hhayi ukuhlukana). Inhloko ibuthelwe esandleni. Izandla zikhululekile ezinhlangothini. Noma isandla esisodwa sibambelelwe kancane ngasengxenyeni elilodwa phakathi. Kuleli thuba, ukwenza kwamazandla kubaluleke kuncane kunokukhazimula kokuthuka. Ukuthuka kuyindlela yalesi thuba.

Izingxenye ezingu-2 - Izindlela Ezithathwe: Okufundiswa Ngayo Imikhuba Yobuciko Yomdanso.

I-CENTURION — UTANGO kufundisa intando. UKHA-CHA kufundisa ukuhambisana. UKUSHAYWA kufundisa ukuma kahle.

Akudingi ukufunda izifundo ze-tango ukuze usebenzise okuyikhono le-tango. Akudingeki nempela ulwazi lwezindlebe zokudansa. Okubalulekile empandleni yezindlela ezisemthethweni kuyindlela eyisixhobo yolwimi lokuxhumana ngomzimba—futhi izingxenye ezibaluleke kakhulu zalo msebenzi zingasetshenziswa endaweni yokudansa yangempela ngemizuzu emihlanu nje.

2.1 — Kusuka ku-Tango: Ifreyimu, Inhloso, Isinyathelo Esizinikele.

EPHLOOFU - Into enempela okufundiswa yi-tango mayelana nokujwayeleka kokudansa kweklabhini akuyona indlela ethile yokudansa. Kungokukhulu kokuqhamuka kwemisebenzi.

I-tango yase-Argentina yakhelwe ngomqulu owodwa ophezulu kunazo zonke: wonke umhlahla uyinqumbiso eqinile. Akukho izinyathelo ezincishisiwe kwi-tango. Uma isinya esiphuma, sifika ngenjongo egcwele. Umzimba uyazi ukuthi uya kuphi ngaphambi kokuba uye khona. Inyathelo liyavezisa ukukhethwa.

Lokhu kuyinto okuhlukanisa abathandisi ababonakala benamandla kabanathi abubonakala bengakhululekile kunoma iyiphi indawo yokudansa. Akuyona ukubukhulu kwezinhlelo zokundiza. Yintando engemuva kwazo.

Umqondiso we-tango.	Kungabonakala kanjalo endaweni yokujanta yamaklabhu.	Ungayifaka kanjani manje?
Ekuthangeni, ifreyimu yisimo—ingqondo iphakanyisiwe, umzimba uqhamuke phambili kwiinyembezi, ukunqamuka okuncane kuya ngemuva kusukela ehlombe, ubuhlobo bugcinwa phakathi kwabalingani ngokusebenzisa ingxenye ephezulu yomzimba.	Ngesikhathi udansa wedwa endaweni yokudansa: umisindo uyathuthuka ube yindlela oyibambayo. Ithanga liyakhuliswa (akuyona indlela yamembu—kuhlile futhi likhulu). Isisindo siphakanyisiwe ezinyangweni zezinyawo. Ukunqekela okuncane kuya ngaphambili. Uxhumene nomculo kunokuthi ugeqe kulo. Lena ingxenye ehlukahlukene phakathi	Manje, vula umkhakha wakho. Akukhona intamo yakho—umkhakha wakho. Hlanganisa amandla akho kancane bese uwawenza ahle. Zizwa isisindo sakho sishiya ngemuva kuya ezinyangeni zeminwe yezinyawo zakho. Uvele ususe ukuma okuyinto i-tango frame. Manje, faka ukudlaza. Bheka umehluko.

	komuntu obukeka sengathi useklabhini kanye nomuntu obukeka sengathi uyengxenyeni yendawo yokudansa.	
INGXENZO ELIQINILE: Yonke indlela yentango ifinyelela ngokuphelele—ayihoyi, ayifini. Inya kuhlala, lifinyelela, futhi kusho ukuthi lifinyele.	Kuhlelo lweklabhu: uma ulandela esandleni, landela ngokuphelele esandleni. Uma ulandela kwelodwa, finyelela lapho. Ukushintsha umzimba ngendlela engacishiswanga kubukeka kungakhathazekile. Ukushintsha umzimba ngendlela eqinisekiswe kubukeka kufana nokudansa. Umehluko omkhulu phakathi komuntu okhathazekile nomdansi onethemba usobukhulu bokuguquka kwesisindo.	Zama ukwenza izinyathelo ezimbili kusukela kwiSahluko 1, kodwa kulokhu: zibambe ngokugcwele ngamunye umsebenzi. Finyelela endaweni elungile ngaphambi kokuyisuka kwelinye. Vumela isisindo silande ngokuphelele. Qaphela ukuthi kubukeka futhi kuzizwa kungenxa yini, ngisho nasezibukweni.
I-TANGO YINHLANGANISWA: I-tango isebenzisa ukungahambi njengengxenye ebalulekile yomculo. Ukumiswa ngesikhathi esifanele kubalwa njengengxenye yedansi, kufana nokuhamba.	Ukumisa umdlalo endaweni yokudansa: ukuthola isikhathi esincane sokungahambi ngalutho ngesikhathi somuzwa ononya noma phakathi kwezinkulumo, futhi uhlale - ungahambi, uphinde ube khona, ulalela - kungokuthatha amandla okuxhumana kakhulu ongakwenza endaweni yokudansa. Lokho kusho: Ngiyazi ukuthi umculo uzohamba kuphi futhi ngilindile kulowo mzuzu. Wonke umuntu ezungezile uyabubona lokhu ngaphandle kokwazi ukuthi kungani.	Okulandelayo uma umculo uya kuncane: zama ukuyeka ngokuphelele. Hlala uphinde ujabulele. Linda ukuqala kwesigqi esiyinhloko. Khona-ke, qala ukudansa ngalo mdlalo. Kuzozizwa kuhle kakhulu futhi kuzobukeka sengathi uyenzela okuthile.

2.2 — Kusuka e-"Cha-Cha": Ukushintsha kanye ne-Hip.

PHANSI EMFELENI — I-cha-cha ikufundisa ukuthi yini okumele ukwenze mayelana ne-'and'—isigqi phakathi kwamabhithi.

Ukubala kwe-cha-cha—kunye, ezimbili, cha-cha-cha—kuyisinkuthalo: ukuhamba okwenzeka kumabhithi "futhi" phakathi kwamabhithi amakhulu. Ukufunda ukuzwa

laba "futhi" kubalwa kuvula yonke indawo phakathi komculo abantu abaningi abayihlala bayikhathaza.

Iphethini yezinyawo ye-Cha-Cha (yenzelwe ukusetshenziswa ezikhathini).

1. Mise imilenze ndawonye. Wisa umzimba wakho esandleni esini ngakwesobunxele.
2. Thenga ingxenye yomkhathi ngakwesokudla kancane kusikhathi soku-1. Shifisha umzimba wakho ezingxenyeni zomkhathi ezisemaphethelweni esandleni esilapha.
3. Layisha ingxenye esandleni ku-beat engu-2.
4. Cha-cha-cha: landa kwesokudla ngaphambi kuka-3, qala phakathi kuka-3, landa kwesokudla futhi ngaphambi kuka-4. Ukuguquka kwezicubu ezintathu okushesha kungakapheli izithathu zombuleko.
5. Thenga ingxenye yamanzi esandleni sakho bese uyayisa emlonyeni wakho.

Iphuzu: Ku-cha-cha, ukunyakaza kophuzu kuwukwenziwe ngokuzenzakalelayo uma ukuguqulwa kwesisindo kuyalungile. Uma wonke amandla akho asekucekeleni kothu olunzima, uphuzu lalo uthambisa kancane. Vumela lokho. Ungazami ukuqinisa ukunyakaza kophuzu—vumela ukuguqulwa kwesisindo okwenza lokho. Ukunyakaza kophuzu okuqinisiwe kubukeka kungokomshini. Ukunyakaza kophuzu okuenziwe ngokuphakelwa kwesisindo kubukeka kuwukwenziwe ngendlela elungile.

Isicelo seklabhu: Awudingi ukuthi ulandele yonke indlela. Okufundiswa yi-cha-cha yinto elandelayo:
(1) Ukunyakaza kwegeja uma umzimba uthuthuka - vumela lokho,
(2) Ibhidi 'and' iyatholakala kuwe - akukho ukunyakaza okudinga ukuba kufane nebhidi eyinhloko,
(3) Ukunyakaza okuncane, okunobungcweti bomjikelelo, kubaluleke kakhulu kunokunyakaza okukhulu, okunenguqulo.

2.3 — I-Stomp: Ekhishwa futhi enomthelela.

PHANSI EMFULENI - Ukugxeka kuyisiko elithathwe ezimweni zase-Afrika nase-Afrobeats. Kuxhuma umzimba nomhlathi kungekhona ukuthi ugxeke uphunyuke kulo.

I-stomp iyisici esingasetshenziswa kakhulu kumazinga aphezulu e-BPM (ngaphezu kwe-130 kumafomu afana ne-hard techno, i-gqom, nomculo wamahhala) lapho i-kick drum ibalulekile futhi idinga impendulo yomzimba efanayo.

I-stomp eyisisekelo.	Ukuguqulela kwe-stomp.	Yengeza yini kulithuluzi?

Usimiso ushele ngokugcwele esandleni esini. Isandla esilapha siphakanyiselwa amamitha angu-2–3. Kusengxenyeni yombukiso yedrum ye-"kick": hlanganisa isandla esilapha ehlweni ngewodonga, ngenkathi efanayo nedrum ye-"kick". Vumela udonga ukuthi luthwale umthamo — ungazimiseli ukuba uphunyiswe phezulu ngemva kokutsotswa. Buyela esimeni sakho. Shintsha izinyawo.	Uma intsho yangakwesokudla ihlala phansi, idolo elingakwesobunye liyagxumela phambili (futhi ngokufanayo). Lesi yindlela yokuhamba evamile. Lokhu kuqinisekisa ukuthi amandla akho awuqiniseki kakhulu, okungenzeka uma uyamisa nje. Vele uyigxumele ngendlela elula, hhayi ngendlela ekhalisayo. Intsho iyona esetshenziswa kakhulu. Idolo liyilandela nje.	Ukushaywa ngeminwe kuyakuvimba endaweni. Ukunyakaza okuningi kwegeyimu yedijithali kubukhoma - ukudoba, ukuphunyuka, ukukhuphuka. Ukushaywa ngeminwe kubukhona - ngaphansi, phansi emfundo, phansi kobufinyezi. Kubanga ukuhlukahluka okubonakala njengokuzethemba nenhloso. Futhi, kungeqile, kuyasiza izinyembezi, amagxenge, kanye nezikhathi zangemuva ngendlela yokuthi ukudoba kuphela akunakwenza.

2.4 — I-Mini-Stomp: Lapho Ungenayo Indawo.

Imikhosi iminyango ingaba nenqwaba yabanikazi. Ukudansa okugcwele kudinga indawo enengi. Ukudansa elincane kuyintando yokudansa, kodwa kusetshenziswa amaphesenti ayi-10 nje yempumelelo:

- Ukunamathela kagesi elilodwa. Ihefu elingakudlaleni linyuka kancane (hhayi yonke ingxenye yefu - kuphela uphefu). Ngokungathathi hlangothi: uphefu uyawa emuva efilekisiwe. Ukunyakaza kusukela ngaphandle kufihlakele kakhulu, kodwa kusukela ngaphakathi kunomkhuba onamandla.
- Ukukhipha izincali zombili ngesikhathi esifanayo ku-beat engu-1, bese khipha izincali zombili futhi ngesikhathi esifanayo ku-beat engu-3.
- Ngena ngesigxobo bese uxhuma phansi ezikhathini ezingu-2 kanye no-4, bese uthinta kancane phansi ezikhathini ezingu-1 kanye no-3. Lokhu kudala uhlelo lomzimba lwezikhathi ezi-zingana ezilungele kokubili idrumu eliphakanyayo nelishevu.
- I-mini-stomp yisixazululo sezimo lapho kunenani elikhulu labantu futhi akukukhona ukufakwa, kanye nezimo lapho umuntu uhlala eduze nawe, kanye nezinkundla ezinezindawo eziningi abantu ngempela ebusuku lapho ukuhamba okukhulu akunakwenzeka.

Izingxenye ezingu-3 - Imephu ye-BPM: Yini Okufanele Uzenze Ngokuxhumene Nezindlela Ezahlukene?

I-CENTURION - Umculo uyalikhombisa ukuthi yini okufanele wenze. Okudingeka nje ukuthi ufunde ukulalela ngomzimba wakho.

Izinhlobo ezihlukene zomculo zinezilinganiso ezihlukene ze-BPM kanye nezigqi ezihlukene. Umzimba uyaphendula ngendlela ehlukile kumusic oyingxenye ka-100 BPM kunommusic oyingxenye ka-145 BPM—iphepha eliphakanyisiwe ukufaka uhlelo lokunyakaza lwe-145 BPM kumusic oyingxenye ka-100 BPM noma okungaphandle. Leli khata luxhumanisa ukunyakaza nomculo.

Ibanga le-BPM.	Izinhlobo zombhalo ezahlukene.	Ukuhamba, ukugijima, ukubheka, ukuhlala, ukulala, ukumuka, ukufika, ukuphunyuka, ukungena, ukuthi.	Yini okumele ukwenyathele?	Ukuhamba okuthathwe kusuka kwenye indawo.
70–95 BPM	Hip-hop, R&B, trap, slow jams, reggaeton.	Ukuhlanga—imigqa emikhulu, ukubheka okujulile, ukuguqula kesisindo esibanzi elithatha izimpelasonto ezimbili ukuze siphele. Hlukanisa ikhanda kusipelasonto esihlukene nezinye izingxenye zomzimba. Ukuguga kufana nezintambo, hhayi amagazi. Ukujuluka kwezindlebe ngesipelasonto esisodwa, ngemuva kuleso	Ukuhamba ngokushesha. Ukudansa okubili njengendlela esheshayo. Ukugxumela. Izindlela zokudansa ezijabulisayo zaseYurophu - azifanele kulolu kuhlaka futhi kuzobukeka sengathi umuntu akazizwa umculo.	Ukunyakaza kwegeja okubangelwa ukushintshisela na kwesisindo, okuvela ekudanseni kwe-cha-cha, kufanele kusetshenziswe lapha futhi kulungele kakhulu. Phakamisa isilinganiso sokunyakaza kube yingxenye yesikhathi esiyisikhombisa, futhi ukuhlukaniswa kwegeja kuzolungile kuleli zinga le-BPM.

		elilandelayo.		
96–115 BPM	Afrobeats, Amapiano, dancehall, baile funk, okuhlelo lwamabhilidi ezindaba.	Ukujikijika komzimba — kuqala ekhanda, kuthinte izindlebe, ingadi, iphansi, nezimpumulo ngendlela elandelana ngayo. Faka ukugxeka okukhulu ngezinsimbi ezinkulu. Kwi-Afrobeats ikakhulukazi: ukunyakaza kubekwa phansi, isisindo kuqondile phambili, amakunku anamathe. Umzimba uyawa PHANSI njengoba umsindo ufiwa.	Iklabhu yaseYurophu iyancengwa— iyakhanya kakhulu, futhi ihambisana kakhulu ngendlela, okungafanele ukuba kuyindlela yomculo wase-Afrobeats. Noma yiliphi uhlwalonokuson dela oluzama ukuqeda wonke amaphuzu ngokuhlukumeza izimpawu eziningi zomculo. Lalela isigqi esikhulu futhi vumela ezinye izinto zibe khona lapho zifanele ukuba khona.	I-“stomp” – ikakhulukazi kuma-Amapiano lapho i-bass drum ibukhulu futhi iphansi. I-"stomp" ihlangana nomthelela we-bass drum. I-"mini-stomp" isetshenziswa uma umphakathi ugcwele emicimbini ye-Afrobeats.
116–126 BPM	I-deep house, i-soulful house, i-late-night house.	I-stepu emibili iyatholakala ngendlela engcono kakhulu kulolu hla lwemigomo. Ukuguqulwa kwesisindo esilula—vumela ukuthi isikhathi sonke somculo siphele ngaphambi kokuba i-stepu ifinyelele ekugcineni. Amagxavu angangeza umphimbo omncane wendlela yombambo njengoba kuguqulwa	Ukugijima. I-deep house akuyona umculo oqhamuka ngokushesha. Ukutheleleka okujwayelekile ukwengeza kakhulu izinyathelo ngenxa yokuthi kubonakala kunendawo — leyo ndawo yiyona ebambisayo. Okunye okuhle kuwukuba kunyathelo olucwebe ngalinye esikhathini, kunokuba kunamanye	I-frame ye-tango kanye ne-tango pause - ingxenye yohlobo lwe-"deep house" lapho amabhithi ayeka ukudlala futhi kuphela izinto ezilula eziyisikhumba (pads) ezidlala, iyindawo ephelele ye-tango pause. Yeka. Lungisa umdwebo. Linda ukuze ibhethi liyithole. Qhuba ngobhethi.

		isisindo. Umzimba unethuba lokufika ngokuphelele. Izandla: zihlanganisiwe, hhayi ukwenza izenzo. Uhlaka oluvela ku-tango—ukuqhekeka phambili, okusebenzayo—luhambelana kahle.	amane angaqiniseki.	
126–134 BPM	Ikhaya, i-progressive house, amabhiliyoni.	Ukujonga okunezintambo ezine - wonke umzila ufakwa ngokuthinta kancane kwikhala. Ukudansa okubili kungeza ukuhamba. I-"jack" (eChicago): amakhala ayaphuma ngaphakathi kumizwa yoku-1 kanye ne-3, futhi aphume kancane kumizwa ye-2 kanye ne-4. Lesi kuyindlela edumile yokudansa kwe-"house" futhi iseyindlela efanele kakhulu yokuphendula umculo we-"house" odumile. Ukugubhuka komzimba nakho kufanele kusetshenziswe lapha - ingxenye yangaphambili yengadi kumzwa ka-1, kanye	I-“shimmy” yama-1980. Ukuhudula izandla kakhulu. Izindlebe ezinkulu ngaphandle kokuxhumana nomjikelezo. Kumculo we-"house", ukunyakaza kufakwe kumjikelezo—uma ukunyakaza kungahambisani nomjikelezo, kubukeka njengokuhlobisa, hhayi umculo.	I-syncopation ye-cha-cha: umculo we-house unamagama 'and' phakathi kwezitepu zokudlula. Ukuhamba okuthathu kwe-cha-cha kungenzeka phakathi kwezitepu ezingu-1-2 kanye nezingu-3-4 - ithi intambo ezintathu endaweni yesitebu ezimbili. Lokhu kuyindlela ezenzakalweni kakhulu, kodwa kufanele kulo mculo we-house.

		nengxenye yangaphambili yesithupha kumzwa ka-3.		
134–145 BPM	Techno, i-house yesikhathi esiphezulu, i-trance.	Ukunyakaza kufanele kube lula futhi ngobubanzi obuncane. Misa umzimba wakho uqonde phambili, usebenzisa izinyawo zakho. Gijima ingxenye yengalo yakho ngokuhambisana nomzilo womculo—ungalokothi ukwenze ngenhloso yokulwa, kodwa nje ukuze ube khona. Ukudansa okubili kungase kusetshenziswe, kodwa kwenziwa ngobubanzi obuncane. Ukugxumela kufanele kuthinte phansi ngokukhulu kakhulu ku-beat yokuqala yesigaba sesithathu semizuzu emine. Izandla: ezinye noma zombili zingase zinyukele phezulu ngesikhathi sokwakhiwa, futhi zibuyisele phansi ngesikhathi sokwehla. Ukunyuka kwezandla kufanele kuzizwe	Ukusebenza kanjalo komzimba kungakhathaza. Kuleli phuzu lebhethri ngomzuzu (BPM), umculo owenziwa uyindlela yokuzivocavoca. Ukunyakaza kufanele kube impendulo kumculo, hhayi ukubonakala kukawo wona. Umuntu ozenzakala kakhulu nge-140 BPM uvamise ukubonakala engenakubambe zeleka.	Intention ye-tango: isinyathelo esiqinile, ukuphumula okucatshulwayo. Ngamaphuzu angu-140 ngomzuzu, ukuphumula kwe-tango ekugcineni kwengxenye ende—ukuphela komzuzwana owodwa wokungahambi—kuyinto enamandla kakhulu.

		sengathi kunyuzwa umculo, hhayi ukuthi wena owawuqondisa.		
145–170 BPM	Hard techno, industrial, EBM, gqom.	Ukushaya ngeminwe yezinyawo. Zombili izinyawo zisebenzayo—inyawu elungile iyashaya ku-1, inyawu esukelwe iyashaya ku-3, umzimba ushintsha ngokuphelele ngaso sonke isikhathi. Amagxube angahlala phambili, noma agweme kwiwo oluhlukene nenyawu. Ukunyakaza kuyakhukhume futhi lokho kufanele—umculo uyakhukhume. Umzimba ungaqeqeshwa ngokuphindaphi ndiwe kunokuba kujwayelekile kwe-techno. Ukushaya nge-150 BPM kungukuqeqesha inhliziyo.	Ukukhanya kwemigexo yomculo wekhaya. Ukugxilisa kwayo komculo ohambile wekhaya. Noma iyiphi indlela yokuhamba eyenza ukuthi umuzwa ube mnene, ngakho-ke uyanciphise lokho umculo owenzayo. Umculo oqinile we-techno udala izidingo ezithile zomzimba—umzimba ohlangabezana nalezi zidingo ubukeka kahle. Umzimba oncamathisako kulezi zidingo ubukeka udelwe.	Iphuzu eliphelele esikhunjulwe kuSection 2.3 - laphinde kuhlala khona. I-hard techno eyenzelwe ukuthi kukhunjule. Ukukhunjula okuncane kwasebenzisa uma umxhubhi ugcwele. Isinyathelo se-tango esiqinile - wonke ukukhunjula kufika ngamqondo onamandla.
160–180 BPM	I-drum and bass, i-jungle, i-footwork.	I-D&B isinyathelo: lokhu kunezinto ezibalulekile ongakufunda ngoba i-BPM ingakhungahluka kuze ufunde indlela yokuyisebenzisa. I-kick drum	Ucabanga ukuthi uzama ukufana nomzila ngamunye webhithini. Ngokuba yi-170 BPM, lokhu kungaba nokwenzeka ngokomzimba, kodwa kubukeka	Thepha ngokuphusha phakathi kwezikhathi. Qhuma phakathi kwamathathu okuphusha ekuqaleni kwebanga - i-breakbeat engaphezu

		ithatha i-80 BPM (ngokuphindaphindiwe) kuyilapho i-breakbeat ibanga kuma-160–180. Dlulile eku-kick (80 BPM), hhayi ku-breakbeat yonke. Uhlelo lwamathambo: ukushintsha kwesisindo kungenziwa njalo emithathu yezimbotshana esheshayo — ngakho isinyathelo ngamanye amasekhondi angu-0.75 cishe. Faka ukugxeka okuncane ngasinye ukushintsho kwesisindo.	kungenangqondo futhi kufakelwe ukuthi umuntu ulandela ingxenye engalungile yombhishini. Dlulisa kuya kumizwa yesikhathi eside. Yithembe.	kuka-160 BPM inezibalo zokuthi 'futhi' phakathi kwamathathu okuphusha, okuyinto eyenza ukuba izinyathelo ezintathu ze-cha-cha kufane.

Isigaba 4 — Ifoni: Yini Empeleni Eyenzeka Ngayo Nokuthi Ungayenza Kanjani Okufanele.

I-CENTURION - Ifoni iyisikrini. Yazi ukuthi yiziiphi izinto ezivikelwe kuzo.

Ibhhayisela endaweni yokujanta lisebenza umsebenzi omkhulu: linikeza ukubonakala kokuzibandakanya komuntu ngabanye, kodwa lomuntu akazizwe enelungelo lokuma nje endlini futhi kube khona. Ubuchule bukulokhu: uma ngibonakala sengenza okuthile, angahlolwa ngokungenzi okunye (ukujanta). Ibhhayisela alikhulumi mayelana nokubhaliswa kwesimo. Ibhhayisela kuyindlela yokwehlukana nendawo yomphakathi lapho umuntu azizwe enalo amandla ukuba khona.

Yini okuboniswa ukuthi ucingo luyizixazulula?	Yenza ukuthi ini.
Nginomsebenzi ngakho angiyona into okumele ngiyenze ukuthi ngixhumane naleli hholo. Ifoni idala umkhuba ongenza ukuthi ungadansi ngaphandle kokuthi umuntu afake isimiso sokuthi akwazi ukudansa.	Kukhombisa ukuthi yini esifunayo ukuyikhuluma: ukungakhululeki. Wonke umuntu okhululekile endaweni yokudansa futhi othinta ifoni yakhe ukuze abheqe into ethile bese eyayibeka, ubonakala ngiyahlukile kulowo ogcina ephoni yakhe njalo. Ukugcina uphoni ngaso konke isikhathi kubonakalisa kakhulu into esifunayo ukuyihlanza.
Ngilokhu ngubhalela ukuthi ngizikhumbule esikhathini esizayo. Kunenani elikhulu ekugcineni izinto ezithile. Ukubhala nge-DJ set enhle, umzuzu omuhle kakhulu wangempelasonto, ubuso bendodakazi.	Ividiyo eyodwa iyilingiso. Amavidi ayishumi nesibili yukuqapha. Ividiyo yokuqala ithatha umzuzu. Amanye amavidiyo ahlangabezana nomzuzu ngesikrini, kungekhona ngokomzimba. Isizathu selingiso siyabulungile cishe imizuzwana engamashumi amathathu. Ngemuva kwalokho: kuyisivalo.

4.1 — Yini Okufanele Uzenze Esikhundleni Sokushayela Ucingo?

Fakisa ngokuphelele: Ungayifaki esandleni sakho, futhi ungayifaki ephaketheni lakho. Uma iyiphaketheni noma isikhwama, vula isikrini bese uyibeka kumodi yokungakhulumi. Ibhhayisiponi engasetshenziswa kalula ayinobunzima obufanayo nombhalo obekhiwe ngokuqinile ukuthi ungasetshenzisi.

Ukumila ngezandla ezimanzi: Uma izandla zidinga indawo yokubekwa: isandla esinye sibekwe esihlakaleni somkhakha wesibili, igazi elilodwa libekwa ngendlela eyisimiso phakathi. Noma amabhande omabili axutshwe ngokuthule (hhayi ukuzivikela - ngokuthule). Lena ukumila okushiwo ku-

Section 1.3 nendawo yezandla efanele, engabonisi ukuthi umuntu uvikeleke, kodwa ukucabanga.

Isiphuzo njengokugxilisa (inguqulo engakhonazole) : Isiphuzo esisandleni esinye sinikeza isandla indawo yokuba khona, dala ukulinganiselwa okuyisimiso kokuqhamuka komzimba, futhi kuwumongo kumdlalo wonoma yikuphi njengokuthi 'Ngingu-ke ngiphile futhi ngizitholele lapha.' Amanzi asebenza. I-soda isebenza. Isiphuzo asidingi ukuba sinamafushini ukuze lenze lesi senhloso yomphakathi.

Umfana/umfanyelwa wakho: Okungcono kakhulu ukuthi ukhululekele ifoni futhi uthathe ukuxhumana ngamehlo kanye nokuthandana nomuntu owahambile naye. Ukuhamba ndawonye ngaphandle kokudansa okuhleliwe - ukulinganisa amandla, ukukopisha izindlela zokuhamba, ukuphendula komunye nomunye - kunamandla kakhulu kunefoni futhi kubonakala njengomuntu oazi ukuthi uyenzani.

Isigaba 5 — Yini Empeleni Edume (Futhi Yini Ongakucabanga Ukuthi Idume).

I-CENTURION - Umngcele wokuthi "ubonakala ngendlela engalungile" uphezulu kakhulu kunalokho ongacabanga, futhi ukhuthazwe ngezinto ezingaba yizinto ongayilindele.

5.1 — Izinto Ebonakala Ngokuthi Ayilungile.

Ukuhamba.	Kungani kubukeka kungalungile.	Ukulungisa.
I-bhambatha endaweni yomoya - amabhokisi egxile ngokulingana, exhunyiswe phezulu naphansi ngobude obufanayo nomkhakha wamaphuzu, ngendlela engahlobene nomculo.	Ukunyakaza kwezigceme akuhambisani nomusho oluzwakala. Izicende zinyakaziswa ngoba kufanele zithuthuke, hhayi ngenxa yomusho. Kubukeka sengathi umuntu uthiwe "nyakisisa izicende zakho" kodwa engabonisi ukuthi kungakanani isizathu.	Amabhokisi ahamba lapho umculo edinga khona—ukukhuthaza ukuhambisa amabhokisi phezulu, ukwehla kumele ukuhlazwa, izigaba zifakazela ukungahambi. Amabhokisi ahamba ngokwesikhathi somculo abubonakala efanele. Amabhokisi ahamba ngaso yonke isikhathi abonakala egcwele kakhulu.
Ukugqwayiza ngokuphindaphindiwe kwengalo - ukubamba ingalo ngokushesha kakhulu kungakapheli ubungcweti bomthambo.	Ukudlala ngengxenye yangemuva yegama okuphindaphindiwe ngokuthi "yebo" kungabonisa ukuzama ukuthola umdanso, kodwa kungabonakali ukuthi kutholwe. Ingxenye yangemuva yegama iyadansa endaweni yomzimba ongasalali.	One deliberate nod per phrase — not per beat. The head move is a phrase-level punctuation, not a beat-level response. Let the body carry the beat. Let the head punctuate the phrase.
I-shuffle yama-1980 - ukuhamba ngokushintsha amagxathu ngaphandle kokudlula isisindo, amagxathu ahleli eduze kaphansi, futhi amandla ehleli endaweni.	Ngaphandle kokuguqulwa kwesisindo, ukuhamba kubukeka kungenangqondo ngoba kunjalo. Amagxube ayahambela kodwa umzimba awuphenduli. Lena "ikwalithi yomkhuba wokukhwazisa we-MTV" — iyehlanganisa nesikhathi esithile kokudansa okungalungisiwe ngezinto zanamuhla.	Uma inyawo elungile iyehla, wonke umzimba uyamuka nayo. Amagxenge aphendula ngoba imithelela yomzimba idinga lokho uma umzimba uphindwe ngokuphelele. Ukuhamba kuncane kuba ukuhamba kubalwa njengokugijima okukhulu.
Ividiyo eyithathwe	Njengoba kuxoxwe kuSection 4.	Uthwebhu olulodwa,

ngocingo - ukubamba ucingo ezingeni lamakhaza futhi uthathe ividiyo yedijeyi isikhathi eside.	Inkinga eyengeziwe: ifoni esebalwa, iyavala ubuso nomzimba womuntu, okwenza ukuthi kungabonakali ukuthi uyini ngempela. Umuntu uyagcina engabonakalisi ngemuva kwesikrini phakathi kwendawo eklanyelwe ukuphimisana.	ukuthwebula kusuka kumephakathi yomzimba noma ubude bomkhakha (isithombe esingcono, okungenzi lutho olukhulu), buyisa ucingo ngokushesha ebhokisini lakho.
Ukumiswa okubalulekile - ukuma ngokuphelele ngaphandle kokuhamba phakathi kwendawo yokudansa, kuhlanganisa nokubukeka okubonakalisi ukuthi ubheka indawo ngaphambi kokuba uqale ukuphuza.	Isikhathi sokuhlolwa esingaphansi kakhonkolo kuyinto evamile futhi iyisizo. Isikhathi sokuhlolwa phakathi kakhonkolo kubukeka sengathi kunokungaqiniseka mayelana lapho kufanele ukuba khona. Kukhuthaza "ukubonakala okuhlukile" - ukuqaphela ongazama ukugwema.	Hamba esigabeni ngenkathi uhlola. Thola ukujula kusukela esigabeni. Ngena phansi ususele ukuhamba. Ukuguquka kusuka esigabeni kuya phansi kuyinkokhelo — fiwa ujoyine.

5.2 — Izinto Ongacabanga Ukuthi Zilungile Kodwa Akulungile.

- Ukudansa uwedwa endaweni yakho: akubonakali kungenxa yento engalungile. Kubonakala sengathi kunomkhuba.
- Amakhenketho avaliwe: akubonakalanga ukuthi kukhona okungalungile. Kubonakala sengathi ufihlwe ngomculo - okuyinto efanele.
- Ukunyakaziswa okuncane, okuphindaphindiwe: ungabheki njengomuntu okhuni uma lokhu kunokuhlobisana ngendlela efanele. Umuntu owenza ukunyakaza okulula okubili nje imizuzu emithathu angakhululeka kakhulu kunomuntu owenza izinyakaziswa ezinhlanu ezahlukene ngemizuzu engamashumi amathathu kuphela.
- Ngeke ngazi wonke amagama engoma: le yimfashini kagesi. Omuva kokugcwele, akukho izwi.
- Ukuhamba ngendlela ehlukile kunezinye izinto ezizungezile: akubonakali njengesiphazamisa. Ukuzimisela kumculo kuyinto yobuntu bomuntu ngamunye. Umuntu omuzwa umdanso lapho wonye umuntu uyamuzi, uyathola izingosi ezahlukene.
- Ukuhlushwa: Akubonakali kungenxa yento engalungile. Kubukeka sengathi ubesijivinzele.

5.3 — Umthetho Omuwa Okulungisa Konke.

✦ UKUGATHEMBEKA — QINISEKILE. Umehluko phakathi kokubukeka njengomuntu okwazi ukudansa kanye nokubukeka njengomuntu ongazidansi, cishe akudingi ukuthi kukhona ezindleleni zokudansa. Kuxhomekile ekubeni izinyathelo ozithatha ziyenziwe ngokuphelele.

Ukuhamba okuzinikezele komphakathi omncane luhlaba umthelela omkhulu kunokuhamba okunengqondo komphakathi omkhulu. Lena yincazelo yesenzo selanga ("tango") ngomugqa owodwa. Umuntu odinga ukudansa "tango" ngokuzinikezele, ulandela izinyathelo ezimbili ngokuphelele futhi engozini, futhi wenza lezi zinyathelo ezimbili kuphela kuwo wonke umvuthweni womdlalo, ngesikhathi esifanele nomlayezo womculo - ubukeka ukuthi unobungcweti kunomuntu odinga ukudansa izinyathelo ezinhlanu kumathemu, engozini futhi ebonakala engenakwazi ukuthi uyenza lokho okufanele.

Zibophelele ekuhambeni okwenzayo. Fika kulo. Vumela ukuthi elandelayo ufiwe kusukela lapho. Ukungabaza phakathi kwezinhlelo zokuhamba yindawo lapho ukuzimisela khona kufunda—ayikaze kube ezihlokweni zohambo ngazitho.

Isigaba 6 — Uhlelo Lokuzivocavuca: Ukujanta kuyindlela yokuzivocavuca uma uyenza ngendlela efanele.

I-CENTURION - Umzimba osebenza nge-145 BPM (beats per minute) amahora amathathu uyenza okuthile. Yazi ukuthi yini.

Umbhungo wezakhiwo womzimba we-Recovery Kernel ubonisa ukuthi umsebenzi omkhulu onamandla kuyinto eyodwa ebaluleke kakhulu engasetshenziswa ngaphandle kwezokudokotela ekukhiqizeni i-BDNF, idopamine kanye ne-endocannabinoid (anandamide). Ukuhamba okude amahora amathathu kwenye indaba yobuciko—uma umzimba ugxile kulo msebenzi kunokuba uqaphe ifoni—kufinyelela noma udlule kumephu yomsebenzi omkhulu onamandla. Umbuzo ukuthi imizwa emangaki enikeza izinzuzo ezihlukahlukene.

Thuthukisa.	**Izimo zamathambo ezivamise ukusetshenziswa:** *** Izimo zangemuva (hamstrings)** *** Izimo zomhlahlandlela (quadriceps)** *** Izimo zengxenye yenhlanzi (pectorals)** *** Izimo zezandla (biceps)** *** Izimo ezintathu (triceps)**	**Ukunqwabelana kwezinhliziyo.**	**Izinzuzo ze-Recovery Kernel.**
I-Bounce (ebasisini).	Ama-quadriceps, ama-glute, amagxenge (ukwelashwa kakhulu kwezinyawo ezithambileka), izimbambo zezingubo nokuphahlazeka kwesisu.	Phansi - kulinganiselwa ukuthi ingaba lula ngaso kunoma yikuphi esikhathini. Kukhona ukuthambekela okuningi kunokuba khona kokulungiswa kwezinhliziyo.	Ukuvuselelwa kwe-endocannabinoid ngokusetshenziswa kokunyakaza okuhlalisayo kanye nokujulile. I-BDNF iqala cishe emizminini engama-20 yokunyakaza okuphansi okuhlalisayo kanye nokujulile.
Amanyathelo amabili (ukuguqulwa okugcwele	Amahlatsi (okuyinhloko - ukuguqulwa	Phakeme kancane kuya ephezini - kuncike usayizi	Ukuqinisa ukuzinza kwehlathi. Ukugxilwa

kwesisindo).	ngakunye kwesisindo kusebenzisa uhlathu olungasongeni), izimbambo zezingxenye zasemuva, amagijimani, abahlinzeki bokuzinza bengemuva.	wendlela yokuguqulwa kwesisindo kanye nesilinganiso.	kokuqhubekayo ekuguquleni kwesisindo ohlangothini kungafanela ngqo nezindlela zokuhamba ngebhande olusongile— ukuzivocavoca ukuvimbela imithubo yomkhakha kanye nehlathi. Ukudansa kwamakhlabhu njengohlelo lokuhlenga ukuzinza ohlangothini.
I-Stomp (igcwele).	Amagundu (ukwenza ukuthi amandla angaphansi afikelwe), ama-quadriceps (amandla okuhluma), amacune (ukuqaliswa kwisisindo), i-anterior tibialis (isigaba sokunyuka), izimbambo zezingubo.	Ukujabulisa okukhulu kuya kokukhulu ngesilinganiso esingaphezu kuka-140 BPM - ukugxeka ngesizinda se-hard techno kuyisebenza yangempela yokuphunyisana.	Nge-150 BPM elandelwayo: ukugxumela kunalo umthamo oncane wokudlala njengokufundwa kwekilasi lokuzivocavuca kwezinhliziyo. Inkinga yomdlavuza emilenzeni (Ingxenye B ye-Addendum) kuxazululwe kancane lapha — imilenzi kanye nezindlebe zomile zisebenza ngempela. Ama-electrolyte abalulekile.
Ukujikijika (kusukela ngogazi emaphetheeni kuya ezindlebeni).	Ama-spinal erectors, ama-abdominals (ukusebenza okulawulwayo ngokuphindaphinda), ama-obliques (ukuqothuka uma kungengezwa), ama-hip flexors.	Phansi - kodwa umsebenzi wokunyakaza kwengxenye yesiphetho.	Ukunyakaza kwengxenye yomzimba. Abantu abajwayelene nokudansa okuthiwa "body roll" ezindaweni zokujabulisa njengeklabhunga bavame ukuba nomlingo omkhulu kakhulu kulabo abangakwenza

			lokho. Ukudansa okuthiwa "roll" kungukuhambisana kwengxenye ngengxenye yomzimba, okuyafana nokuzilolonga kwe-yoga okuthiwa "cat-cow" kodwa kusheshayo (ngesilinganiso se-128 BPM).
Amabhokisi ephezulu (ukunyungwa okuqhubekayo nokuphakama ngesikhathi kukhuliswa).	Ama-deltoid (ngaphambili nangokwesigaba), i-trapezius (engxenyeni ephezulu), izinto ezilawula ukuzinza kwe-rotator cuff.	Phansi - kodwa yenza umsebenzi wokuhlala kude kwezindlebe.	Umuntu ogxile izandla phezulu ngeminithi emihlanu uyenza umsebenzi oqhubekayo wokugijima kwezicubu ezitholakala ezandleni (deltoid) kanye nomsebenzi wokuvimba/ukuhlala isikhathi eside. Akuyona into encane. Futhi kuchaza ukuthi kungani ithuba elingakapheli ngemuva kwengxenye ende yokugijima kwezandla kuthokozisa—izicubu ezitholakala ezandleni ziqukethe amandla.
Ukuhlala uqinisile.	Core (ukujiya - ukuthambeka kuwudinga ukuqinisekiswa okuqhubekayo kwe-transversus abdominis kanye ne-obliques), ama-hip flexors, i-erector spinae.	Ukubambezelela okuncane kodwa okuqhubekayo kwiingxenye eziyinhloko.	Ukuhlala ngokuqinile e-Berghain okuhleliwe amahora ayisithupha kuyindlela yokuzivocavoca enezingxenye ezibalulekile zomzimba. Ukukhathazeka kwengemuva elingaphansi ngemva kwamashumi amade

			omculo we-techno kungaba yimbangela ukuthi umzimba uqiniswe kakhulu, hhayi nje ukuma kuphela.

6.1 — Ukushaywa Kwezikhali Ngohlobo Lwobunjwa.

Dancing style and venue context	**Imigomo esetshenziswa kuleli khasi:** *** Recovery Kernel** *** Naloxone** *** COMT** *** DRD2** *** MTHFR** *** Blueprint** *** findahelpline.com** **Izinombolo ezilinganiselwe zokushisa amakhalori ngamahora:**	**Umsebenzi ofanayo.**
Ukubamba ifoni, ukunyakaza kancane (okuyinto evamile kubaningi ababambiqela komkhosi).	Amakhalori angu-80–120 ngamahora - efana nokuma.	Ukuma. Akuyona ukuzivocavoca.
I-two-step enobani obukhulu okulinganiselwe, umculo we-house.	250–350 calories/hora.	Ukuhamba ngokushesha. Umsebenzi onento esiyilayo.
Full bounce nezinombolo ezimbili, umculo we-techno ngesilinganiso se-130–145 BPM.	350–450 calories/hora.	Ukugijima ngokushesha okulinganisiwe. Ukuzivocavoca kwezinhliziyo okunempilo.
I-full stomp e-hard techno, nge-BPM engu-145–160.	450–600 calories/hora.	Ukuhamba ngokushesha, ukugijima. Umsebenzi onamandla futhi uqhubekayo.
Ukuzivinjwa ngomzimba wonke — ukugubhuka komzimba, ukuphakamisa izandla, ukushaya ngeminwe yayo, ukuhamba okuqhubekayo.	Amakhalori angu-500 kuya ku-700 ngamahora.	HIIT ngamandla aphakathi. Yilokhu okwenza ukuthi abantu ezimeni ezinamandla zisebenzise amagcalafashi amaningi kakhulu kunalokho

		abalindele, futhi kungani ukuphinda izimpahla zamathambo akuyona into eyenziwe ngokuzithandela.

Idatha mayithikhi ixeleza ukuthi kungani izinkinga ezimweni zezingxenye zomzimba ziyavela, kungani ukulahlekelwa kwamaminerali kwenzeka, kanye nokuthi kungani ukudla kubalulekile ngosuku olude wefestival. Umzimba osebenzisa amakhalori angu-500 ngelihora imizuzu emine uyenza umsebenzi wamakhalori ayi-2000. Ihotdog etholakala esitolo sokudlela ayihlangabezani nalokho ukudla okudingekayo. Bheka ingxenye yezakhamadlo kwi-Addendum.

Isigaba 7 — Ubuqotho: Siyabadlala Ngezindlela Eziningi, Futhi Akukho Mbubano.

I-CENTURION - Umuntu onobuhle obukhethwayo ongumfihlo, kodwa uyingxenye yendawo yokuthola ulwazi.

Indawo yokudansa iyindawo yomphakathi. Nanjalo njengaphambilini. Amakhlabhu e-Chicago house kanye nama-"voguing balls" aseNew York ayeyizikhungo zokuncintisana ezicacile. Ukumnyama nokungabonakali kwe-"techno" zaseBerlin kuxazulula ingxenye yokuncintisana okubonwayo—kodwa akuyisusi, nje kushintsha ukuthi yini okuncintisanelwe ngayo (ubunzulu bomuzwa, ulwazi lomculo, ukuqina kwemizimba).

Ukuzimela ukuthi umkhakha wentswelo awudingi ukuxhumana nomphakathi kwenza ulwazi lube ngolunkulu futhi lungenandlela eliqondile. Ukwamukela lokhu ngokuqondile kuyenza kube usizo:

Iqiniso lokuncintisana.	Ungayidlule kanjani?	Ngingakwazi ukukusiza ngalokho, kodwa ngidinga kabanzi. Ungakhuluma ngani?
Abantu bahlolisana ngamanye esiteji sokudansa. Indlela obukeka ngayo, indlela osondela ngayo, nokuthi kungabonakala ukuthi uyazi ukuthi uphi—konke lokhu kubhalwa ngokomphakathi. Lokhu akuyona into engokwemvelo. Kungalokho okwenzekile lapho abantu besebandlulukaneni endaweni yangempilo.	Ukukhishwa kwe-oxytocin ngama-MDMA kanye nokuncibilika kwegebhisi elincane (corticolimbic) ngenyama yomqulu bonke bhlanganisa ukuncipha kokubalwa kwento ebalulekile ekuxhumaneni nomphakathi. Ukukhathazeka ngobuntu okuthiwe yi-inselele yokuncintisana kuncibiliswa ngokusebenzisa imithi. Kungaba yingxenye yalokho okwenza lezi zinto zisetshenziswe ezindleleni zokujanta komphakathi.	Amakhono okudansa ashintsha indlela umuntu abhema ngayo ingxenye yokuncintisana, kusukela into okumele uyilawule kuya into ongayisebenzisa. Umuntu owayazi ukuthi unjani ukuhamba akuyona into eqinile—uye ngokuphatha imvelo eyibonakalayo neyomzimba yegumbi. Ukukhanya kwegumbi kunyuke uma abantu behambela kahle.
Inkinga eyisimiso: kukhona uhlobo oluthile lobuphoxo obuvame ukufika phakathi kwezikhathi ezijabulisayo, ngesikhathi esetsheni esingahle sisebenzi kahle, noma ngenkathi elindele umculo noma umuntu. Lolu bhubhu lubangela ubunzulu bomphakathi uma abanye babonakala bejabule	Le yindlela yokulungisa ukuba nentshuna ngokunciphisa umthwalo wemvelo wayo. Ukubaluleka kokuba nobubi kukhona, kodwa kubaluleke kancane. Lena iyisebenza eyigugu yezinto ezisetshenziswa kwezenhlalo—kodwa futhi ngiyindlela yokulungisa ngayo ukuba nentshuna,	Ukuzibandakanya ngomzimba nomculo kususela ngokuphelele ukuba nobunzwa. Akukho lutho olungokwakhiwa empilweni lokuthi umuntu angakhathazeka ngenkathi edansa ngempela. Umzimba onikwe amandla yirhitimu yomculo awudingi ukukhathazeka. Lena

kakhudlwana.	engabizi lutho.	yindlela emele imvelo yokuba umzimba uphendule ukubunzwa.

7.1 — Ukuxoxa kanye nokuphendula: Idansa yomphakathi ngaphandle kokuyenza kube okungajabulisi.

Indlela yokuxhumana engaxutshi ebalulwe yindlela abantu abathandana ngayo endaweni yokudansa. Ukufunda nokubamba iqhaza kulokhu:

- Ukubukana: Okufushane, okunethezeka, kutholwe futhi kubuyiselwe kumculo. Akukona ukubuka okwedlule, nakuba akukhona nokugwema. Isikhathi esincane sokuzwana phakathi kwabantu abahamba endaweni efanayo—esihlala imizuzu embalwa—ngiyona yindlela encane kunazo zonke yokuxhumana kwezomdlalo.
- Ukuzibonisa: ukuqala ukuhamba ngendlela efanayo nomuntu oseceleni kwakho, ngaphandle kokucabanga, kuyinto evamile emdlalweni wabantu. Uma lokhu kukhishwa ngokwazi bomuntu, kungelinye lamakhono amnandi kakhulu asetshenziswa ezikhungweni zokujabulisa. Akukho muntu okudingeka ucele ukuthi kwenziwe ngokuqondile. Kufika ngenxa yendlela abantu abambelelanayo kanye nokuzwakala komculo.
- Ngezimo lapho ukudansa nabanye kufanele kwenziwe, umbiko wokukhuthaza cishe awuqali ngamazwi. Ukujula okuncane komzimba kuya kumuntu olinye, ukuguquka kwesisindo esidalela indawo ngelinye uhlangothi, ukubuka okuqhubekayo ngamehlo ngesikhathi somuzwa owabiwe - lokhu kuyizwi. Impendulo ingaba ukuguquka okufanayo kokujula noma ukuqhubeka nokujula kude nalowo muntu. Kokubili kunokugcwaliseka futhi kuwumlayezo ovumelekile.
- Isiciko: Uma kusuka ukukhala phakathi kwabantu futhi abantu baqala ukuzungeza, isiciko ngumkhuba wokungena. Ukungena esicikweni kukuphothula ukuthi wonke umuntu ezikhona uzokubona. Lokhu akuyona ingozi—kuyindlela yokudansa efana nokuthatha imakrofoni. Ungene kuphela uma ulungele ukuze uqiniseke ngokwengeziwe kulokho oyenzayo. Akudingeki ukuthi wenze into engavamile. Kudingeka ukuthi wenze into efezeka.

8. Ulwazi Olunzulu Lwemikhuba Yokulima

* Ukukhethwa Kwemithombo Yamanzi: Qiniseka ukuthi usebenzisa amanzi ahlanzekile futhi afanele ekudleni izitshalo zakho. Ungasetshenziselwe amanzi asuka kumapayipi, amatamisi, noma imifula.

* Ukugeleza Kweminye Imikhiqizo: Qiniseka ukuthi wonke umkhiqizo ofakwayo uyagelezwa kahle futhi unamandla afanele. Landela iziyalo zomkhiqizi ngokuqinile.

* Ukulala Kwezimpelasonto: Zama ukuhlala ezindaweni ezikuthule, ezinde, futhi ezinomthombo wamanzi olungile. Qiniseka ukuthi izinga lokukhanya kufanele.

9. Ulwazi Olunzulu Lwemikhuba Yokudla

* Ukukhethwa Kwokudla: Khetha izinto zokudla ezintsha, ezinamandla,

futhi ezifanele. Vele ukuthi wonke ukudla kufakwe kahle futhi kungabuthakathazi.

*** Ukwenzelwa Kokudla: Lungisa nokudla ngokucophelela ukuze kuqinisekiswe ukuthi kunokunakekelwa okufanele kanye nokugcotshwa. Landela iziyalo zomkhiqizi ngokuqinile.**

*** Ukuhlanzwa Kwezimpelasonto: Zama ukuhlala ezindaweni ezikuthule, ezinde, futhi ezinomthombo wamanzi olungile. Qiniseka ukuthi izinga lokukhanya kufanele.**

Ilayisensi Yezindlela Ezivamile.

Electric Slide · Running Man · Roger Rabbit · The Spin · The Train · Russian Doll · Futshane zonke.

Dance Entropy · I-Venue yabezempilo zabagugu · Uhlelo Lokuvuswa Phakathi Kwizindlela Eziningi.

Umkhakha ngamunye udale ukuhamba okusha. Wonke umkhakha wokuhamba usasekhona.

Umuntu owayeyidlala ngaphambi kokuzalwa kwakho unokufundisa okuthile. Yeka ukubonisa amakhono kuwo. Funda kuye.

Isigaba 8 - Umtapo Wokuhamba Oyinguqulo.

I-CENTURION - Lezi zindlela zihlale ziphumelela ngoba zisebenza. Yazi zona.

Yonke imuvojwano kuleli libhakhathi iyinto yamasiko ebukhulu. Yenziwe umphakathi othile, ezinkundleni zomsindo ezithize, ukuze ibalethe okuthile okungalingisiwe ngamagama. I-"Running Man" ivela emiphimphini yokuncintisana yesikhathi se-break-dance. I-"Electric Slide" ingumfihlo wezindlela zomdlalo zamaCaribbean. I-"Roger Rabbit" ivela esikhathini esithile bemvelo yomculo wabantu abamnyama. Ukwazi lezi zinhlelo kukuqonda umlando wawo, ngisho nalapho uyenzela khona egumbini elimnyama nge-128 BPM.

Umzuzu ngamunye ngezansi uqukethe: uhlelo lwamanyathelo, ububanzi be-BPM lapho usebenza khona, uhlobo lwemfashini oluvela kulo, nokuthi yini eyenza ukubukeka kuhle kanye nokuthi yini eyenza ukubukeka kungahle.

8.1 — Ukwakhiwa kanye nokuhamba kweqembu.

Lezi zindlela zidinga abantu ababili okungenani, futhi zisebenza kangcono emaqenjini. Yilezo zindlela ezihlanganisa abantu kunokuthi bazikhombise—ezakha umphakathi esikhathini sezingoma.

I-Electric Slide.

Electric Slide - Marcia Griffiths, 1976. Ilenze ebekwe njengeyindlela yokujabulela ezindaweni zokujanta ngeminyaka yama-1980 nama-1990.

Amamukhi.	Isikhathi.	Yini eyenza ukuthi kubukeke kufanele?
Phase 1 — KULUNGU: Shaja isinyathelo esilungwini kuze kube yisikhathi. Hambisa isinyathelo esicini ukuze sihlanganisane nalo. Shaja isinyathelo esilungwini futhi. Thinta isinyathelo esicini eduze nosinyathelo olungisi (ngaphandle kwesisindo). Lokho kuyizinyathelo ezine, ukuhamba ngasohlangothini lwezansi. Phase 2 — KUPHAKATHI: Phinda okufanayo, kodwa uhambise ngakwesokudla. Shaja isinyathelo esiphakathi kuze kube yisikhathi. Hambisa isinyathelo esilungwini	Kuhle kakhulu uma ibhitshi ingxenyeni engama-90 kuya kuma-120 BPM. Isebenza ezintweni ezihlukahlukene, njengomculo we-R&B, pop, nezingoma zesiGospel. I-"Electric Slide" yaklanyelwe ukufana ngezinhlobo eziningi zamalungelo—inani layo liyavame kakhulu ukuze lungathathi hlangothi.	Uma umhlolokwana ukhona, akuyona indlela yokuhamba. Ibhulogi elingaphansi liyashintsha ngendlela efushane phansi - kufanele kuzwakale umsindo omncane wokungqubuzana. Uma amabhulogi akho aphezulu futhi uyagxumela, uyafunda ukudansa okuhlukile. Gcina amabhulogi eduze nenhloko yomhlaba. Ukuthinta ekugcineni kwengxenye ngayinye kubonisa isikhathi esincane - ungashiyi ngokushesha.

ukuze sihlanganisane nalo. Shaja isinyathelo esiphakathi futhi. Thinta isinyathelo esilungwini eduze nosinyathelo esiphakathi (ngaphandle kwesisindo). Izinyathelo ezine, ukuhamba ngasohlangothini lwasempuma. Phase 3 — NGANGENYE: Hambisa isinyathelo esilungwini ngemuva. Hambisa isinyathelo esicini ngemuva. Hambisa isinyathelo esilungwini futhi. Thinta bese uthinta isinyathelo esicini eduze nosinyathelo olungisi. Izinyathelo ezine, ukuhamba ngemuva. Phase 4 — UKUJIKA: Hambisa phambili ngesinyathelo esiphakathi nendlela ejikelezayo engxenye (manje ubusheye. Ngoba lokhu, ukujula kwamabhuleki kuyasebenza —bonke abantu babuya ngqo kanye futhi bajikeleza ndawonye ngenkathi yokuphinda.		

Ukuhlela umugqa: Wonke umuntu ubheke ngendlela efanayo, emigqeni. Amandla ka-Electric Slide ukubonakala kokuphambana—wonke umuntu uyahamba ngokulinganayo, uphinda ukuguquka ngasikhathi esisodwa, ubheke odongeni olulandelayo ndawonye. Ukujoyina umugqa kulula: faka wena ekupheleni komugqa, buka umuntu osezwakala kuwe okunjalo kulezinkathizwelwane eziningi, bese ujoyina ekuguqukweni okulandelayo. Awudingi ukuzikhumbuza. Ujoyina nje.

Uthando / Ukuthinta izandla emadlebeni.

I-Train / I-Shoulder Groove, into eklabhu eziningi kumasikhathi amaningana.

Abantu ababili noma ngaphezulu, umuntu ngamunye acabhe ungwaneni womuntu okhona phambi kwakhe ngombani omncane. Umuntu okhona phambili uhamba

ngendlela ethile. Bonke abanye bayilandela. Ukuhudula kuyintshikamano yokuguqulwa kwesisindo kanye nokugxilisa, okwenzelwa ukuthi kusebenze ndawonye. Uma umuntu okhona phambili uguqule isisindo sakhe esikalini esilodwa, lo mthelela udlula ngombani futhi uyatholakala kumuntu olandelayo. Igxugu liyahamba njengomzimba owodwa.

- Thinta izinwele, hhayi ummese—ukuthintwa kwezinwele kufanele kube lula futhi kungatshintshi. Ukuthintwa kommese kuyinto eyimfihlo. Ukuthintwa kwamahlathi kuyinto enamandla. Izindlebe zikhona endaweni enhle yobudlelwane bomphakathi.
- Ukubamba kuyomile - umuntu uphumule, akabambi. Izandla zilandela amadlelo uma ehambisa kanti hhayi ukuthi ziyawahlawula.
- Umholi uhamba ngesitimela: phambili, ujike, udlulela phakathi kwabantu. Izitimela ezihle kakhulu azilandeli umugqa oqondile — zujike, ziphinde zisendaweni yangemuva, ziyovakashela wonke amagxenge endaweni. Kufana nomdlalo wocongo, kodwa uqinile futhi uhambisana kakhudlwana.
- Ukukhanya ngaphakathi kuthuthuka: ukunyakaza kwabanye abantu kunamukelwa yilabo abathile ngemuva kwawo. Ukugxubekiswa kokunyakazisa ngokuhambisana phakathi kwezikhwama kudala umphumela wendlovukati—umzimba uthola ukunyakaza kwabanye abantu ngezandla futhi uwusulungeza kabusha.

Isebenza kwi-110–130 BPM. Ilungele kakhulu kumculo we-house kanye ne-R&B. Ingasetshenziswa kunoma iyiphi i-tempo lapho ukuhamba okuhlala njalo kwigrupu kungaba khona.

I-doll yaseRussia.

Russian Doll / Ukuhlehlisa izinto ngaphakathi. Iminyango yama-LGBT+ kanye nezindawo zokugubha ezihlukahlukene.

Abantu ababili (noma abathathu noma ngaphezulu) bahlelelwe ngendlela yokuthi umuntu okhudlwana ume ngemuva komuntu omude, amane agxijile kancane emgodini noma ezimpungwini zomuntu omncane kusukela ngemuva, bobabili behamba ngohlanga olufanayo. Njengamathoyizi e-Matryoshka - okodwa ngaphakathi komanye, enefomu elifanayo kodwa ngobukhulu obuhlukile, behamba njengokunye.

- Umuntu ngaphandle (ngemuva) uyalungisa ukuhamba kwakhe ukuze afane nokunyakaza komuntu ngaphambili — ungazami ukukhombisa indlela kusukela emuva. Zizwa ukuthi umuntu okhona phambi yakho wenza ini futhi ufanelele lokho. Emva kwalokho, lungiselela kancane ukuze ube nomdlandla. Umuntu ongaphambili uzobheka ukuthi kunomdlandla futhi uzolandela.
- Ukubekwa kwamehlo: ukuma ngemuva, cishe eduze nosifuba, ngaphandle kokubamba. Ukuxhumana kuyinto yokuba khona, hhayi ukugwema. Umuntu

angaphume nganoma yisiphi isikhathi - lokhu kuyidansa entsha, hhayi ukuhlukaniswa.

- Ukuhamba kule ndlela kwenza ukuthi umehluko wobude ubonakale ngempela—kuyasebenza kakhulu uma kunomehluko obonakalayo phakathi kwamabanga. Ukufakelwa kuyinto eqondile—umuntu omuncane ubukeka efakelwe ngaphakathi emthonjeni womuntu omdala.
- I-doll yaseRussia ingaba mkhulu: umuntu wesithathu angangena ngemuva komuntu ongaphambili, emdwebe ngendlela efanayo. Ukufakwa kungaba kukhulu okuthathu noma okune, ngenxa yokujabulela. Ngaleso sikhathi, kushintsha into eyodonga.

Uma kwenzeka: Ngokuzwakalisa ngezikhathi zezimiso ezinkulu zothando nomphakathi. Kungaqalwa ngokubamba izandla kumuntu okhona ngaphambi kwakho ngesikhathi kukhuni umculo owahambisana—uma yena ebhule, umane uthole i-"Russian Doll". Uma yena eqhamuka phambili, akufanele ukuthi unentshisekelo kulokhu. Noma yimuphi umpendulo uyawugcina.

Ukuthinta Izindlebe (Uhlelo Lokumisa Izindlebe).

Umkhosi wokudlala "Grope the Shoulders" kanye nezindawo zokuhlanganyela zabafundisi - kubonakala ezinkundleni ezinkulu.

Akulona okubonakala kunjalo. Kwi-dance eqeqeshwa yiqembu, lokhu kumele ukuhamba okwenzekayo lapho isikota noma iqembu liqala ukujiya kanye nokunikeza umuntu osezansi kwakho ukuthinta elula kwehlombe noma ukupholisa ngokulingana nomusho. Bonke bayamukela futhi banikeza ngasikhathi sinye.

- Mima ngemuva wesifuba esikhululekile noma umugqa. Iphepha elesiwo livala uphepha olungakwesokudla lomuntu osekuzweleni kwakho. Iphepha elilodwa livala uphepha olungasekudlangeni womuntu osekuzweleni kwakho. Manje, jabulela. Uma umdanso uqala, wonke umuntu unyathelela kancane ezindlebeni ngesikhathi esifanayo. Khulula. Nyathelela kumdanso olandelayo.
- Ukuhlanganyela ngokwengxenye kanye nokuthola ngempumelelo kudala umuzwa oyingxenyekazi womphakathi—ngokufanayo, uyigama elinakekelo futhi umthandi ngomzuzu ofanayo. Lena enye yezindlela ezimbalwa zokujantjisa ezibonisa ngokucacile ukunakekelwana phakathi kwabantu njengengxenye yesenzo.
- Ukushaywa kwegitari kufanele kube ngokushesha kakhulu, ku-1 kanye ne-3, noma kusheshini eliyinhloko lesigqi. Kufanele kube hlanganisiwe, okulula, futhi kunomthelela omuhle.
- I-'indlebe': ezinye izikhundi zisebenzisa lokhu njengokwengeziwe okuqhubekayo kokujoyina okuma - isandla esinye esibhalwini somuntu oseduze, umzimba ushintsha ngomculo, isandla sihamba kancane nomzimba.

Kuncane ukuba yindlebe, kungaphansi kokuhleliwe kunendlela "ithilini", futhi kunobudlelwano obungcono kunokujoyina okulandelana.

8.2 — I-Archive Yeminyaka Yi-80.

Lezi zindlela zivela ekuhlangeni okuthile: ukukhuliswa kwamavidiyo omculo, ubudlelwane bokuzilolonga, ukuhlanganiswa kwe-New Wave ne-hip-hop ekuqaleni kule minyaka, kanye nokuba yinkinga kwe-breakdancing. Zifakwe esimweni senkulturwane elibonakalayo. Uma uyenzela lezi zindlela, ukhombisa into ethile.

Fisha.	Amamukhi okuhamba.	Uvela kuphi / Isikhathi	BPM / uhlobo lomculo
I-Running Man.	Yilokhu okufanele ukwenze. Mima nezinyawo zihlanganisiwe. Gxumela ngomlenze oyodwa phambili kancane kuyilapho uyakhuphukisa intambo yesibili esiyisikhathi kuya ephethini, intambo yangakwesokudla iyagwila emuva. Ngokufanayo: faka umlenze oyodwa, landisa intambo yesibili emuva kancane kuyilapho intambo engakwesokudla ifika phezulu, intambo engakwesokudla iyagwila emuva. Ukubonakala: ubonakala sengathi ugijima endaweni efanayo kodwa awuhambanga ndawo. Okubalulekile ukukhuliswa kwekhanda okuguqukayo — ngaphandle kokukhuliswa kwekhanda, kuyigijimani elula. Ngokukhuliswa kwekhanda: i-Running Man.	Ubuye waziwa ngabaxhasi abafana no-MC Hammer no-Bobby Brown, ngeminyaka ka-1988 kuya ku-1990. Umthelela okhulu weziviviyo ezishushu zaleyo nkathi ubonakala ngokucacile—lesi sindiso kuyindlela yokuzivocavoca egxilwe ekujuleleni umzimba. Yaba yinto esabalalayo kakhulu ngaleyo nkathi futhi yadlulele kuluhlobo lwamabhunga e-rave eNingizimu Melika nasekuqaleni.	90-120 BPM. I-hip-hop, i-house yokuqala, i-pop. Ukujikeleza okuthiwa "umuntu ogijimela" ngesilinganiso se-techno (130+), kungenzeka ukuba kube nzima ngokomzimba — kufanele kusetshenziswe njengokugxilisa esheshayo, hhayi njengesenzo elihlala lokuphindaphinda ngaleso sidinganiso.
Roger Rabbit	Qala ngamaphuzu amabili ahlangene.	Hip hop yaphakathi kuka-1980. Igama layo	85-115 BPM. Ihiphop, i-R&B

	Yehlisa inyawo elingakudla ngemuva ngenkathi ukhuphukisa ingxenye yangaphandle yomlenze osekho. Hlanganisa inyawo elingakudla ngemuva. Yehlisa inyawo elingakudla ngemuva futhi (ukudonsa). Yilethe inyawo elingakudla kuze ihlangane neyangakubo. Into ehlukile kuleli thuba yindlela yokuhamba ethi "hop-drag-close" — inyawo idonswa emuva phansi, hhayi ukuthi iyahlanganiswa kahle.	lifika kuluhlu lwenyezinto ezihlobene nomlingiswa wezithombe ezidwetshwe. Yaba yiyona edumile kwevidiyo zomculo kanye no-MC Hammer. Le ndlela yokudansa inobungcweti, ifana nezithombe ezidwetshwe — isisindo siyomile, ukunyakaza kuyamangalisa, futhi ukuhamba kuyo kuhleliwe.	yendulo. "The Roger Rabbit" iyindlela ekhuthazwe yihiphop— ingabonakala njengento yesikhathi esidlule ezindaweni eziningi zamanamuva, kodwa ingaba umuzwa onesifiso uma yenziwa ngokuzethemba.
I-Worm.	Gcina umzimba wonke uphethwe phansi. Qala kusimo sokushukumisa (push-up). Hlanganisa amandla akho ukuze ulayishe izinwele zakho epulazini ngesikhathi ulifaka ikhanda nelubere. Ukuhamba kuleli thuba kuqala ekhandeni futhi kufinyelela ezindlebeni. Emva kwalokho, vula izinwele zakho ngesikhathi ulayisha ikhanda — ukuhamba kubuyiselwa. Phinda lokhu ngenkathi usuthatha phambili. I-"worm" iyindlela yokuhamba egcwele umzimba eyadlula epulazini. Isexwayiso: leli thuba lwenziwa epulazini. Indawo epulazini yindawo engabucayi ngesikhathi esiningi.	Umbhunjwa we-breakdance, ngasekupheleni kuka-70s kuya ekuqaleni kwawo-80s. Enye yezindlela ezisemqoka zokudansa phansi. Kusafana namuhla emicimbini yokuncintisana yabadansi, nasezikhathini ezithile zezinkundla zokujanta ezibuyisela izinkumbulo, futhi noma ngabe umuntu kuhluka lwadada uzimisele ukudansa phansi.	Noma ngabe ushumayo kungani, igubu alikhathazeki ngesilinganiso. Kufundwa njengophawu, hhayi njengomsindo oqhubekayo. Yenza lokhu kanye kuphela, yenze ngokugcwele, buyela uma umile.

	I-"worm" ifanele izimo ezithile kanye nezindawo ezithile.		
I-robot.	Hlukanisa ukunyakaza ngakunye ngezikhathi zokuphumula ezicacile phakathi kwezindawo. Irobhothi aliholi ekunyakseni ngokwalo—kuhamba ngokushesha lapho kukhishwa khona umsebenzi. Yonke into iyisikhashi esilamisi, bese kuqala ukunyakaza okusebenzayo. Amagxavu, amabhukududu, amakhwapha, amaphuzu, imigexo yonke inyuka njengengxenye ehlukene enoxhumano oluphakeme.	Iminyaka yama-70 emidala, ngesikhathi se-funk kanye ne-soul. Kuhlobene nokubonakala kukaMichael Jackson ekuqaleni, futhi kamuva kwathuthukiswa ngesikhathi sezindlela zokudansa ezihlanganisa ukuhlukumeza (breakdance). Ukudansa okuthiwa "i-robot" kuyisizini sonke ukuhlukumeza okunye okulandela.	Ithempo elinganiselwe phakathi kokuphuzi nokukhulu - kuma-80-110 BPM. Kusebenza ngempela nasezikhathini zokumgcwesi noma ukuhlehliswa kwemlayezo womculo. Irobhothi ekuthulelweni (noma eduze kakhulu kokungathuli) kubalulekile kakhulu.
I-Moonwalk.	Mima ngamaphuzu amabili, kokubili afiphe kaphansi. Shaja ingxenye yesokunleftu ngemuva ngenkathi uyandisa engxenyeni yangakwesokudla. Ngokufanayo, yileze ingxenye yangakwesokudla kaphansi ngenkathi ingxenye yesokunleftu iyandisa emigqonyweni futhi ishaywe ngemuva. Ukubonakala kwalo mbunguzo kufanele: (1) ingxenye eshaywayo kufanele ihlale ifiphe phansi, (2) ingxenye eyandisayo kufanele ibonakale icophezelwe emigqonyweni, (3) ukuguquka kwesisindo phakathi kwamaphuzu kufanele kube lula	UMichael Jackson, ukuseshwa kwe-televisheni kwe-Motown 25 ngonyaka ka-1983. Enye yezindlela zokudansa ezaziwa kakhulu emlandweni. Ivela endleleni yokudansa edlule eyayibizwa ngokuthi 'the backslide' eyayikhona esigabeni sezinto ezinomculo we-funk ngaphambi kokuba uJackson ayifomulele futhi ayithuthukise.	88-Ambulensi: 10177 noma 112 BPM. Ilungele kakhulu emzincanweni we-pop, i-R&B, kanye ne-soul. Ukudansa okuthiwa "moonwalk" kuyindlela yokubonisa ukuzithoba. Yenza lokhu kanye ngesikhathi esifanele nengoma efanele futhi kuzokukhumbeka. Uma uyenzela kaningana phakathi nosuku, kuye kwaba yinkinga.

	futhi ngokuphumelelayo. Ukudansa kwe-"moonwalk" kaMichael Jackson kunoma yini ku-70% mayelana nezandla — ukunyakaza kwezandla kuzalandela kuleyo ndlela ngakunye yokushayeka.		
I-dansi yezimpilo.	Ubuchule obusevidiyo ka-1982 yebandla elithi "Men Without Hats" — ukuma okubanzi, amabhokwe axubile emuva noma aphezulu, uhlobo lokugxumela ngendlela evamile kanye nomphimbo wamaphuzu. Kokusetshenzisweni kothani: yonke into efanekisela umoya onamandla, ongakhathali, kanye nokukhanya kwezinkundla zosuku lwasendulo. * Gxumela. * Phakamisa amabhokwe. * Ubuso aluhambisani nezinga lokulungiswa. Lokhu kuyindlela efanele.	New Wave, 1982-1985. I-“Safety Dance” iyindlela yokudansa yomculo othathe kancane ukuzimisela kunomculo we-techno. Yiyona eyenza kube nokuthakazelwa okukodwa kokujabulela okunengqondo kangokuthi okuhlangenwe nakho ngemuva kwesikhathi esidlule kwe-"rave culture".	120-140 BPM. Uhlobo lwemisindo olusha, i-synth-pop, kanye nezinye izinto zomsindo kagesi ezithakaselwe ngeminye yama-80. Kukhuthazwa ukujabulela nokungahleliwe kunokunemba. Umgomo uwukuhlala, hhayi ubuchwepheshe.

8.3 — I-Akhawunti Yeminyaka Ye-1990.

Iminyango yobuciko yokudansa yaseminyeni yebanga leshumi nenyanga yayiyona ngempela eyisikhathi esisha kakhulu emlandweni wobuciko bokudansa baseMelika. I-hip-hop, i-R&B, kanye nomkhakha wokuqala wezindawo zokujabulisa zonke zazihlangenwe nakho ezindleleni ezintsha zokudansa ngasikhathi sinye, futhi amavidiyo omculo ayisabalalise emhlabeni jikelele phakathi nezinsuku ezimbalwa nje ngemuva kokuba avele. Kunezindlela eziningi zaleli zinto ezinomthombo oqinile wase-Afrika naseCaribbean okuyikhambi leminyango yezentengiselwano - kufanele zenziwe ngokunemba, kuhlanganiswe nokwazi ngendawo abavela khona.

Thuthukisa.	Amamukhi okuhamba.	Origin / context	BPM / uhlobo lomsindo
I-Cabbage Patch.	Miya amagxube aphakeme, izinwasho zibheke kancane. Zombili izandla ziyalungiswa phambi komzimba ngendlela efanayo - kokubili ngokujikeleza kuya kwesobunze, noma kokubili ngokujikeleza kuya kwasemuva - cishe kubude lobuso. Izandla zenza ukuhamba okungenenezelwa kwezimbanga. Umzimba uyajikelezela kancane ngokuhambisa kwezandla. Ikhanda lingahle luyagxolile ngendlela efanayo. Kungalokho kubonakala, futhi kungalokho kubukeka kahle uma kwenziwa ngokugcwele.	Hip hop yokuqala ngeminyaka yawo-90, eyenziwe udumo yi-Gucci Crew II (ngonyaka ka-1987). Igama liyavela ngoba ukunyakaza kwengxenye yomzimba kufana nokufuna okuthile emthunzini. Kuyinto yokunyakaza eyodwa ethiwe ukuthi yayiyimboni kuleli zisinda. I-"Cabbage Patch" iyinyanga yangempela—ayikho indlela yokuyenza ngendlela engabhekiswanga.	85-115 BPM. I-hip-hop, i-R&B yendulo. Ukusetshenziswa kwephrasesi "The Cabbage Patch" ezikhathini zamanamanje kungabonakala njengokukhumbula okumnandi. Sebenzisa le phrase ngesikhathi esifanele nengoma efanele futhi abantu bazoyazi ukuthi usho ukuthini.
IBhambatha.	Minyawa egqine kakhulu, amagijane aqondile ngaphandle. Gxumela imigexo ngaphakathi bese uyibuyisa phansi — imigexo ivula futhi vala njengamabhubhuphud	I-hip-hop ne-dancehall ehlanganiswe ngempelasonto yama-90. I-"butterfly" inomthombo ombalwa — inguqulo yengxenye yegazi yaqala kumasu okuzivocavuca, kanti inguqulo yengxenye	90-120 BPM. I-hip-hop, i-dancehall, ne-R&B. Ukuhamba okuthiwa "The Butterfly" kusebenza kangcono uma umuntu uqhamuke

	ube. Lena inguqulo yomdlalo wemilenze ye-butterfly, hhayi eyalamu (indlela yokwenza i-butterfly nge-alamu ichazwe kwenye indawo njengento okungenziwa). I-butterfly elungile yenziwa ngemisipha. Misa ngokugqine kakhulu, gxumela imigexo ngaphandle futhi ngaphakathi ngendlela efanele.	yomzimba yaqukethwe yi-hip-hop ne-dancehall ngasikhathi esifanayo. Inguqulo yengxenye yomzimba iyona eyisisekelo futhi eyifanele.	ngendlela ebanzi futhi ezansi — uma amakhefu ahlanganisiwe kakhulu noma izinga elingavamile alungaphathwa, umphumela uyalahlekelwa.
I-Humpty Dance.	Kuyahlanganiswa no-Digital Underground, uShock G okhulunywa njengo-Humpty Hump. Ukuhamba: ukujikeleza okulula, okukhombiswe ngaphambili, kuncane futhi kungabonakala kuncane, kanye nokunyakaza kwamakhono okwenzelwe ukuba kwangempela futhi okungathathelwa kancane. I-Humpty Dance ihloselwe ngokukhethekile ukubonisa ukungeniso ngokuphazamiseka ngamabomu, kodwa ngesikhathi esifanele ngomculo. Ukungqubuzana kuyindlela: ukunyakaza 'okungahleliwe' kuhlelwe ngesimo somculo, nakuba kubonakala njengokungaqondakali.	1990, iDigital Underground. Enye yezindlela zokuqala ezifundisayo—ingoma ngokwawo ikufundisa ukuthi uyenza kanjani. I-Humpty Dance iyindlebe eyayimisela umthetho wokuthi ukubukeka ngendlela engaqondakali kakhulu ngenkathi uyagxumela kuyinto evumelekile futhi ehlonishwa.	90-110 BPM. Uhambo lwendabuko, olunethukela le-funk. I-"Humpty Dance" iyimvume —ixoxisisa abantu abadansayo ukuthi ukuzinikela okuphelele kanye nokungaqondilekile kwezinqubo zokudansa kuzivumelanisiwe.
I-Tootsee Roll.	Thenga ngakwesokudla, shayela isinyathelo esikhohlakele	1994, i-69 Boyz. Umkhakha we-Miami Bass. I-"Tootsee Roll" ngobunjalo	90-110 BPM. I-hip-hop, i-Miami bass, kanye ne-R&B. Kungcono kakhulu

	esingezansi ngeenyawo ezintathu, thenga, uvule isinyathelo esilodwa eduze kwesokudla - amakhathi ayi-nebili. Emva kwalokho, phinda ngakwesobunye. Lena ukuhamba kweenyawo. Ukwenza ngamathambo: amatafula omibili akhulisa phambili, nezandla zenze ukujikeleza (ukujikelezela) ngokulingana neminyathelo. Uma isinyathelo siyahamba kwesokudla, amatafula ajikeleze kwesokudla. Ingoma ye-69 Boyz (1994) ichaza leli kakhulukazi ngilwenyanga - elinye lama-ngoma afundisayo okuhamba kangaka ngaleso sikhathi.	bodokotishi obubalulekile esikhaleni, owatholakala kulo lonke izwe ngevidiyo yomsindo. Umelela umnikelo ohlukile womkhakha we-Miami bass / booty kumculi wamabhodwa.	ukuyidlala emaqenjini lapho uhlelo lwesinyathelo kungadala ukubonakala okufanayo njengohlobo lwe-"line dance".
I-Kid 'n Play	Abantu ababili buma ngaphambi kwamanje, behlukaniswa yimiyalelo yezandla. Umuntu A ugxumela ingawo elungile eya engalweni yesokunene kaMuntu B. UMuntu B uyagwema kanti futhi ugxumela ngengalo yakhe esokunene. UMuntu A uyagwema kanti futhi ugxumela ngengalo yakhe ekhohlo. Abantu ababili bahlala begxumela ngezinyawo ngokuhambisana, kodwa lezi zinyathelo zigxilisa ukuthi bangahlukani. Inselele kanye negunya	Kid 'n Play, 1988-1991. Igama elifika kulo uhlu lufakazelwe futhi lwaziwa ngabaxhasi kanye nomlingo wabo 'House Party'. Yindlela yokusebenzisana esiyinhloko—ayikwenzeki uma umuntu uyodume. I-Kid 'n Play iyindlela yokubambisana nokuncintisana yalesi sikhathi.	90-115 BPM. I-hip-hop, i-R&B. Lesi sindiso sidinga umlingani ovuma futhi kudingeka cishe imizuzu engamashumi amathathu yokuzilungeza ngaphambi kokuyazama phakathi kwabanye abantu. Qala kancane, hlanganisa isikhathi, bese uyithatha kusantya esiphelele.

	lokuziphatha kukuqapha—umuntu ngamunye awudwetshwe, futhi kuzwakalini njengokuthi izinga ziya ngokuyisikhathi kudlula komunye nomunye.		
I-Macarena.	Inkonjane elungile etholakele phambili (isandla esibheke ezansi). Inkonjane engunyango etholakele phambili (isandla esibheke ezansi). Inkonjane elungile iphindwe isandla esibheke phezulu. Inkonjane engunyango epindwe isandla esibheke phezulu. Isandla elilungile siya emgodini okhuni ngakwesokudla. Isandla engunyango siya emgodini okhuni ngasekudazeni. Isandla elilungile selingemuva kwengalo. Isandla engunyango selingemuva kwengalo. Isandla elilungile sivali umhlaba ongokwesokudla. Isandla engunyango sivala umhlaba ongokwesokudazeni. Izandla zombili ngemuva. Izandla zombili zidlule phambili. Hlanganisa amagxa. Jikele ngekhambi elingu-1/4. Phinda.	Los del Rio, 1993. Okungukuhlanga komsindo waseSpani ophuzi olwenziwe ngomculo we-flamenco. Yaba yinto edumile emhlabeni jikelele ngo-1996. I-Macarena iyindlela yokudansa eyaziwa kakhulu emhlabeni wonke kule minyaka. Ingabonakala ezimnikazweni, emigqeni, kanye nanoma kuphi lapho abantu bahlanganiswe khona futhi bazama ukudansa ndawonye, kungakhathaliseki ngamakhono yabo ngabanye.	104 BPM ngokuqinile - ingoma yangempela. Isebenza kuleli ralimi lemvelo engu-95-115 BPM. I-Macarena ayinawugxiliso oluthize mayelana nohlobo lomculo - ivele noma ngabe uhlobo luni lomculo olusekade luyikhona. Amandla wayo ukuba yinto efanele wonke umuntu.

8.4 — Igama Lomlando Lamanje (ukuqalwa ngo-2000 kuya manje).

Ukuhamba okusha ezimpdansweni zanamuhla kusatshalaliswa ngendlela ehlukene kulezo zama-1980 nama-1990—imidiya yezokuxhumana kanye namavidiyo amancane esikhundleni sezithombe zamabhungane njengindlela eyinhloko yokusabalalisa. Ukuhamba kungaba yinto edumile emhlabeni jikelele ngemizuzu engama-48. Ubude bomhlaba lufushane kakhulu. Kodwa ukuhamba okunjalo, ngokuvamile, kubhekisela ezindleleni zakudala ezinomlando, okuwunika ubunzulu obungaphezu kwalokho okubonakala ngempumelelo yaso.

Fisha.	Amamukhi.	Ngingakwazi ukukusiza ngalokho uma unikeza ulwazi oludingekile.	BPM / uhlobo lomsindo
I-Dougie.	Ukushintsha umzimba ukuthi uthambele kwesobunxele. Vumela uphethuni olungakwesobunxele ulime phansi futhi ube ngaphambili njengoba umzimba uyathuthuka kwelodwa. Phinda nalokho kwelinye icala, kulapha elingakwesobunxele. Into ebalulekile ukuthi uphethuni olime, hhayi ukuhamba kwezigcwele. Izicwebe zihlala ezifanayo. Yonke le ndlela yokuphimisela kwegumbi lomzimba kanye nophuphu, okuhlanganisana ngokuhamba phambili ngendlela ejabulisayo, uphethuni olilime ngakunye.	Cali Swag District, 2010. Igama elifika kulomculo latholakala ku-"My Dougie" ka-rapper uLil Wil (2007). I-"Dougie" ibhekisela ekuhambeni okuyingxenye yomculo waseNingizimu Afrika ngemuva kokuvulwa kweminyaka ye-90s, kanti leyo ndlela ihlanganisiwe ngezinto ezibalulekile - ukugqolisa kwezintambo zombhoxo, okukhombisa ukuqiniseka nokungenangqondo.	80-110 BPM. Ihiphop, i-trap, ne-R&B. Ukudansa okuthiwa "The Dougie" kuyindlela yokudansa esheshayo—lushaya ukuba yinto efanele uma ishesha kakhulu, ngoba ukuvuvukala kwamandla akunakuzizwa kalula.
I-Nae Nae.	Qala ngamaphuzu amabili aphakeme. Phakamisa ingxenye yobuso elungile phezulu kakhulu ngaphezu kwengalo, i-elbow incane futhi intambo iyakhululekile	Silento, 2015. I-“Nae Nae” ivela kumlingiswa uWanda ovela kwishadi selvidiyo ethi 'Martin' — ukunyakaza kakhulu kwamandla okugqwala kanye	80-110 BPM. Ihiphop, i-R&B, itrap. Kusebenza ngokuhlanganyelwe neminye imizwa evela kwi-sequence ye-Whip/Nae Nae.

	futhi ihlasele. Vumela icala elilodwa lamagxavu ukuthi likhuliswe kancane ngenxa yengxenye yobuso. Ingxenye yobuso kanye nomzimba uyahamba kwakudala ngesikhathi, kodwa amaphuzu ayahamba kancane. Okuyisisekelo: ingxenye yobuso ephezulu, umzimba uhamba ngaphansi kwayo, amaphuzu ahamba kancane. I-Nae Nae ikhuthazwe ngubuhle bengxenye yobuso ephezulu — intambo iyinto ebalulekile.	nokuhlanza kwaleli ngxenye yomlingiswa laba yisibonelo sokudansa ezinkundleni zezingoma zase-Atlanta ngaphambi kokuba uSilento uyifomulele.	
I-floss.	Phakamisa izandla zombili ngakwesokudla kuyilapho uphakamisa umhlaba ongakwesobunye ngakwesokunleft (umhlaba nezandla ziyahamba ngokuhlukile). Phakamisa izandla zombili phakathi bese uyawenza ukuthi ube ngakwesokunleft, kuyilapho uphakamisa umhlaba ongakwesokudla. Le ndlela ishesha - izandla zigxumela phambili kuyo yonke into uma ziyaphakamiswa, futhi zidlula phakathi ngaso sonke isikhathi. Ububanzi: ukuthi ungaphakamisa kangcono kangaki, kokubi umphumela obonakalayo uyakhuliswa.	Russell Horning ('Backpack Kid'), 2017 — yasatshalaliswa kabanzi ngesikhathi eyidlala e-SNL. I-"Floss" iyindlela yokujoyina yokuqala eqalwe ezinkundleni zokuxhumana futhi ethola ukwamukeleka okukhulu emabhungeni. Ichaza indlela "yokuhlukahluka" yomculo wase-hip-hop: ukwenza ingxenye ephezulu nomzimba ongezansi ujikeleze ngendlela ehlukene ngasikhathi sinye.	100-130 BPM. Iyasebenziseka - ingatholakala ezindabeni ezahlukene, kusukusimemnana sezinsuku zokuzalwa zabantwana kuya kwezigaba zezinkundla zomculo. I-"Floss" ihlukanisa izizukulwane ngendlela ethile okungabonakali kuyo i-"Electric Slide" - ibonakala njengento eyayikhona ngemuva kuka-2017.

I-Melbourne Shuffle.	Gcina inyawo elungile phambili ngenkathi ulethela inyawo elesiqondile. Buyisa inyawo elilungile emuva ukuze ufike esandleni esibanzi. Isinyathelo esiyisisekelo: ukugxeka-inyathelo, ukugxeka-inyathelo - ushintsha imilenze ngazinye nengxenye "ebhushwa" ethize. Uhlelo oluthuthukisiwe ungeza ukuhudula kwezandla okufana nokugijima kanye nezindlela ezintengo zokusebenzisa amagijimani. I-Shuffle iyisinyathelo esenziwa phansi - amagijimani ahlala eduze nomhlaba futhi enendawo "eqiwe".	Melbourne, e-Australia, ngasekupheleni kuka-1980, kwaba yindawo yomkhuba wezinkundla zokujabulisa. Yatholakala ukuthi iyisikhathi esibalulekile eminyakeni ye-2000 kuya kweziyi-2010 ngezinkundla zamakhonsathi ezomsindo kagesi (EDM). Kuyinto yokuba ngelinye lamadansi ambalwa aqale ezinkundleni zokujabulisa ngokwayo, kungekhona ezingeni lomculo we-hip-hop noma womculo omuhle.	130-150 BPM. Umculo kagesi - ikakhulukazi izinhlobo ezinkulu ze-house, techno, kanye ne-trance. Ukudansa okuthiwa "shuffle" kwenzelwe umculo kagesi ngendlela ethile, okungukuthi akufanele kufaniswe nokudansa okunjalo njengokuba "Running Man" kanye ne-"Cabbage Patch".
I-Woah.	Ngesikhathi kukhona umdanso oqinile (njengokusuka kwe-hi-hat noma kwe-snare), yeka yonke ukunyakaza futhi uqinise umzimba ukuze uhlale - bese ngokushesha ubuyela ekunyakazeni. I-'woah' iyindlela yokumisa, hhayi ukunyakaza okuzungezile. Isikhathi kubalulekile: ukumiswa kufanele kwenzeke ngqo kusukeni, kugcinwe isikhashana esisodwa, bese kukhishwa.	Ekuqaleni kwama-hip-hop eCharlotte, eNorth Carolina, ngo-2019. Ukusatshalalwa kwevidiyo kwiindlela zokuxhumana ezisemkhakheni. I-"Woah" iyehlanganisa umklamo wokudansa "locking" owenziwe ngasekupheleni kwama-1970 - ukumiswa ngokucophelela ngesikhathi esifushane ngomculo, kusetshenziswa wonke umzimba - okugqame kakhulu.	90-120 BPM. Ihiphop, i-trap. Ukusetshenziswa kwe-"The Woah" kusebenza kangcono kumathrekhi anama-hi-hat noma ama-snare aqinile futhi ahlukile, ayanikeza "ukushaya" olucacile ongasebenzisa ukuthi ufinyelele kuwo.

8. 5 — I-Akhawunti yaseRoma.

Izindlela zokudansa zaseLatin zingaba yizinto ezidala kakhulu futhi eziqhubekayo ekuthuthukisweni kwamasu wanamuhla okudansa. I-Salsa, i-cumbia, i-merengue, i-bachata, kanye nezindlela zazo ezifana nayo, zonke zibanxenye yomculo kagesi nezemikhuba yama-club kuzo yonkana izizukulwane. Lezi akuyona ukuhamba okukhethekile kwezindawo zaseLatin—yithuluzi elisebenza kuzo yonkana imikhakha uma liyathuthukiswa.

Faka / hlahlisa	Ilunga elibalulekile.	Ungayithuthukisa kanjani ku-dance floor engu-Latin?	Ibanga le-BPM.
I-Merengue March.	Ukungena okulula kakhulu ezindleleni zokudansa zaseLatin kunoma ubani. Isinyathelo esilunye ngesokunku, sigijima endaweni efanayo ngo-1, isinyathelo esilodwa ngesokudla, sigijima endaweni efanayo ngo-2, phinda lokhu. Yilokho kuphela. Ifihlo: faka ukunyuka kwegeja kuzo zonke izinyathelo ngokugxumela kancane ekhanda lwegija ngakunye njengoba isinyathelo sithathwa, vumela igeja elaleli uhlangothi lokho kusukume ngokuphumulekayo. Ukuhamba kwe-merengue kuwukuhamba endaweni efanayo kanti kugxilwe kugeja. Kunezindlela eziningi ongayisebenzisa, kodwa kuqala lapha.	Isinyathelo se-merengue siyinto esiseduze kakhulu nalokho okuyisisekelo esiyisikhathi sonke. Ngama-BPM angu-100-120, ifana nezindawo zangaphambi kwamabhizinisi asezingosini eziningi. Ukugxeka kwegagasi kusuka kwi-merengue kungasetshenziswa ngqo kumculo we-house - faka isinyathelo se-merengue endaweni yomculo we-house futhi irithimu ifanele.	100-130 BPM. Imerengwe, i-bachata, kanye nezinye izinhlobo zomsindo we-house. Kulula kakhulu futhi noma ngubani angakwazi ukufunda ukudansa kulolu hambo ngemizuzu engama-30 nje.
Cumbia Step	Ukujula kwe-cumbia kususelwe kusinyathelo esiyingqayizivele: ndawonye-ngakwesokunxele-ndawonye-	ICumbia, ngesilinganiso esifanele (ngama-80-110 BPM), ifana kakhulu nezindlela eziningi ze-R&B kanye ne-hip-hop. Ukuhamba	75-110 BPM. I-Cumbia, okungu-hip-hop, kanye ne-R&B. I-cumbia yaseColombia neyeMexico zinenguqulo

	ngakwesokunxele, engaloyini oluhlala uhamba kancane ngaphambi kokuthi uyithinte. Ibhulogi elinesokunxele liyashaywa kwelamanzi, inyathelo elineminyanya liyahamba futhi liyoshaya eduze nalona, ibhulogi elinesokunxele liyashaywa kwelamanzi futhi, inyathelo elineminyanya liyagoma. Ukugoma kuyinto eyenza i-cumbia ibe yinto eyingqayizivele.	okubambezelekile kwendlela ye-cumbia kudala umuzwa wokulibazisa nokukhishwa okulungela amatempo e-trap kanye ne-hip-hop esheshayo.	ezahlukene zaleli sakhiwo—zombili zivumelekile futhi zombili zingasetshenziswa.
Salsa yisikhathi esincane.	Ukuhamba okuyisisekelo kwe-salsa kunezinyathelo eziyisithupha ezilandelana kumabhithi ayisikhombisa. Ngena ngesokunxele (1), yehliselwe kwesokudla endaweni efanayo (2), buyela emaphethelweni (3), dlala (4). Buyela ngesokudla (5), yehliselwe kwesokunxele endaweni efanayo (6), ngena emaphethelweni (7), dlala (8). Ukudlala kumabhithi ayi-4 kanye neyi-8 kubalulekile njengezinye izinyathelo—kungakho okwenza i-salsa ihambisane kakhulu kunokuba yindlela elinganiselwe. Konke kuhamba kusukela ekhanda.	Ukudansa kwe-salsa okuyisisekelo kuncane kakhulu ukuthi kusetshenziswe ngqo ezindaweni zokujabulisa ezingenzi umculo waseLatini—isikhathi sakho kufanele kube esiqondile kangangokuba kunanxa komsindo we-elekthronikhi. Okuyinto engasetshenziswa empeleni ukuthi indlela yokuhamba yengxenye yesifundo kanye nokumisa njengenxenye yedansi. Lezi zindlela ezimbili zisebenza kuzo zonke izinhlobo zomculo.	160-220 BPM (ngendlela esivamile) - kodwa kubalwa ku-1-2-3, ngakho kungenzeka ukuthi kuzizwe njenge-80-110 BPM. I-Salsa yigama lesi genre.

8.6 — Ukuguqulela Izinto.

Ngenxa yokuthi kufanele ibe nefekthini yayo.

Ukujikeleza kuyindlela etholakala kalula kuyo yonke indawo yokudansa, kunoma iyiphi i-BPM, kunoma yimuphi uhlobo lwendabuko. Wonke umkhuba wokudansa unenguqulo yalokho. Wonke amazinga amakhono angenza inguqulo ethile yalokho. Futhi kuyindlela exwayiwe kakhulu yokubonisa injabulo kumdansi omdakayo.

I-spin.	Yini eyenza ukuthi kubukeke kufanele?	Izindlela ezahlukene.
Mise umkhovu oze ngakwesobunye. Vumela ukuthi umkhovu oneselwandle uxhumule kancane ukuze udale ukujikeleza. Gcina umkhovu oze ngakwesobunye njengendawo yokujikeleza. Izandla zizungeza ngaphakathi nangezindlebe (zixutshwe phansi kwezindlebe noma zibambe kude nezindlebe) ukuze wandise isivinini sokujikeleza - izimiso ze-angular momentum: uma umzimba udlula eduze nenqubo yokujikeleza, ukujikeleza kufinyelela. Vusa izandla lapho ukujikeleza lomilela ukuze uqede ngokuhle ngesigqi esilandelayo.	Thumela: Thola indawo eyodwa phambi kwakho futhi zigxile kuyo ngangokunokwenzeka ngesikhathi sokujikeleza, bese uvula ikhanda lakho ngomzuzu wokugcina ukuze uyithole futhi. Lokhu kubizwa ngokuthi 'ukubheka' ocwaningweni lwendabuko, futhi kuqapha ukungabi nezimpumputo ngesikhathi sokujikeleza okuningi. Ukujikeleza okunambithekayo kufinyelela kahle. Ukujikeleza okuphuthelwe kuyaqeda ngokugxekwa. Ukufika: Ukujikeleza kufanele kufike - zibophezele lapho uzoya khona, fika lapho, bambe. Ukujikeleza okuhamba kancane kubukeka sengathi ulahlekelwe ukulawula. Ukujikeleza okuya kahle kubukeka sengathi usenze isinqumo.	Ukujikeleza okungenhlangothi eyodwa: amadigri angu-180. Kulula kakhulu. Usebenzisa lokhu ukuze ubheke ngqo isiqondiso esisha ngesikhathi sokuguquka kwomculo. Ukujikeleza okuphelele: amadigri angama-360. Kungokwejwayelekile. Yenza kuludlule olucacile — ngokuvamile udlule loku-1 kophimbo — futhi ulungele kudlule loku-1 kolunye uphimbo. Ukujikeleza okubili: ukujikeleza okuphelele okubili. Izandla kufanele zibe zivalwe ukuze lokhu kwenzeke ngesilinganiso esifanele ekudanseni. Ungazami ngaphandle kokuba ukhululekile nokujikeleza okukodwa. Ukujikelezwa kusizakala ngomlingani: umuntu odlalayo uthathela isandla omunye, owajikijela usebenzisa lesi sandla ukuze athole ukugijima kokuqala. Kusebenziswa yonke indawo ekudanseni kwe-swing, i-salsa, ukudansa kwabezindaba, kanye nokudansa kwamakhlabhu.

Nini ongawenza ukujikeleza: Ngesikhathi ushintsha phakathi kwephuzu lomculo, lapho umculo enikela ngombiko futhi umzimba wakho ufuna ukuwalandisa. Ngalesikhathi kukhona "ukwehla" (breakdown) uma igumbi

lihlale likhulu. Ngesikhathi uhamba endaweni yokudansa futhi umculo udala isidingo salo. Ukujikeleza kungatholakala nganoma yisiphi isikhathi — kuyindlebe eyenziwe ngokwenza izinqubo zokuhamba kwendlu yokudansa.

8.7 — Ukujantjwa kanye neBallroom: Igadi Elifanele Ukuba Lapha.

Ukujwayela kwe-Voguing, umkhakha we-ballroom wase-Harlem, kusukela ngonyaka ka-1960 kuya manje - kwasatshalwa emhlabeni wonke ngefilimu ethi "Paris Is Burning" (ngonyaka ka-1990) futhi lwandisiwe kumphakathi womhlaba jikelele we-ballroom.

IVoguing kufanele ifake umbhalo eklaybhari le ngenxa yokuthi iyindlela yobuciko yomdlalo ongcono kakhulu ekubonisaneni nobunjalo bomuntu, iqala kubantu baseMelika abamnyama nabathile abanentshuna, futhi isebenzise yonke into kusukela kwisikhathi esidume kukaMadonna ngo-1990 kuya kuzo zonke izindlela zamanje zokuhamba ezibonakala emicimbini yomhlaba wonke.

Style	Ikhwalithi ebalulekile.	Yifundisa ukuthi...
Indlela endala.	Imigqa eqinile, izimo ezibambisiwe bese kushintshwa ngokushesha kuyo eyalandelayo. Ukunyakaza okufana nezindlela zokugqoka ezivela kwi-magazini ethi "Vogue" — igama liyacaca. Ukunemba ngokuphelele kumigqa kanye namagxenge.	Indlela ongagcina ngayo umzimba wakho iyinketho. Bgcina ngobuqotho. Ukuzibophezela kulokhu kwakho ukugcina umzimba wakho— hhayi ubuhle bokugcina umzimba wakho— kungobuchwepheshe.
Indlela entsha.	Ukuhlanza okunzima, ukunyakaza okuhlanganisiwe, amakhono ayingxenye enobubanzi obukhulu okuwukuthi ahambisana nemingeni yokuphathwa kwemvelo yomuntu. Ukuphelela kwezinqubo ekwenzeni imisebenzi ebanda umzimba.	Umzimba uyakwazi kakhulu kunalokho ongacabanga. Umthelela we-New Way ekuhambeni okuyisiko uvulele izizukulwane eziningi ngolimi lomzimba elungele ukuthi lungaba khona.
Vogue Femme	Ukuthambileka, ukuhamba kahle, ubumnandi njengoba kwenziwa ngomzimba wonke. Izinto ezinhlanu: Ukuhamba (Catwalk), Ukugxumela phansi (Duckwalk), Ukusebenzisa	Ukwehla - ukwehla phansi ngendlela elawulwa kuyo futhi ekhombisa umdlalo - kuyingxenye ebalulekile yomculo wokudansa wase-vogue femme. Kuyindlela

	izandla (Hand Performance), Ukwenza kaphansi (Floor Performance), Ukuvutha nokwehla (Spins and Dips). Yonke into iyahlanganiswa futhi ihlosiwe ngokuhlukana ezinkundleni zokuncintisana ze-ballroom.	yokudansa eqinile, enhle, futhi edinga ukuzibophezela ngokugcwele. Ukwehla okungaqiniseki akuyona into yokwehla. Ukwehla okuqinisekisiwe kuyindaba yobuciko.

I-RECOVERY KERNEL - UMHLAHLO WOKUQONDISWA.

FINAL PUBLICATION ADDITIONS

8. 8 — 8.11

Cutting Shapes · Shuffle · T-Step · X-Step · Running Man (Electronic) · DnB · Hakken · Muzz · Dubstep

Clog · Irish Step · The Bonfire · The Plant

Lezi izinyathelo ezidalwe yindawo yokujanta.

Bungalwa ezithombeni zamavidiyo. Bungalungiswa ezitudiyweni zokudansa. Kuvela emiphakathini abadinga ulwimi oluqinile lomculo ongakaze ukhona ngaphambilini.

Isigaba 8.8 — I-Archive Yezindlela Zombungadu Bemfashini.

I-CENTURION — Wonoma yonke ithuthukisile ngohlelo lwayo. Umculo udinga ukuzimisela okwengqondo kanye nomzimba okwakungenayo. Nazi imiphumela.

Ngenye yalezo zindlela, ngaphandle kwezinhlelo eziboniswe kumafushini 8.2 kuya ku-8.4 - eziyavela kwi-hip-hop, pop, ne-R&B futhi zasatshalwa ngezindlela ezisemthethweni zokusabalalisa - izindlela kuleli sahluko zakhiwe yimiphakathi ethile eyakha izindawo zomculo we-elekthronikhi. Lezi zindlela azibonakalwanga kumavidiyo omculo. Zasabalala ngabantu, ezindaweni, kanye nezinhlelo. Ezinye zithathe amashumi eminyaka ukuthi zigunyazwe ngegama. Ezinye kukhona okubalulekile ukuthi zisetshenziswa ngokubonisa kunokufundiswa.

Ukukhipha imiphumulo.

Ukukhiqiza Umculo We-elekthronikhi wase-UK - izinhlobo ezifana ne-garage, i-house, i-UK funky, kanye nomusho we-elekthronikhi - kusukela ngonyaka ka-1990 kuze kube manje.

Ukukhipha izimo akuyona into eyodwa. Kuyindlela yokuziphatha ekhuthazwe ngomculo kagesi wase-UK. Izimo 'zingaba yizimiso zombhangi umzimba udala esikhungweni - amakhono, imigqa, nezindawo ethile ezilandelana kuzo izingxenye

zomzimba, bese ugudule phakathi kwazo. Ukukhipha lezi zimbo kungokwenza lokhu kuguquka ngokushesha nangakhawulelwe kusengqondweni yombungulu.

Umsindo wokudansa "ukutsheka" uyindlela yokubonakala—uwakhulile ezindaweni lapho abantu babuka okunye ukudansa eduze futhi bahlonipha ukunemba nomculo ngaphezu kwanoma yimiphi eminye imikhakha. Umuntu omdansa "ukutsheka" njalo uyazwelana nesigqi somlaye, akasoze ephindaphinda uhlelo oluxekile.

Element	**Yini okusho kanje?**	**Ngingakwazi ukukusiza ngalokho, kodwa ngidinga kabanzi mayelana nalokho ongathanda ukuthi ngikusize. Ungakhuluma nganoma yini:** *** Izinto ezifanele ukufunda** *** Ukubhala izincwadi** *** Ukudweba** *** Ukwenza umculo** *** Okunye**
I-Shape.	Ukuhlela okuthile komzimba okulalelwa izithathu noma ezimbili ngaphambi kokuyoshintsha kuye kwelinye ukuhlelo. Ihlombe liyakuthi libe ngesikhathi esithile. Umgogodla uyakuthi ube ngobude obuthile. Amagxenge ayakuthi abe endaweni ethize. Ukubukeka kulandelwa uhlelo oluchaze—ayikaze kube umthombo ongenalwazi, kodwa kuyindlela echazwe kahle.	Bheka umzimba wakho esibukisweni ngenkathi ulalela umculo. Thola izimo ezizwa zifanele umsindo. Bgcina ngomzuzu owodwa, bese ushintsha ohlwini olulandelayo. Izimo ezisebenza yilezo ongubuzwa ngazo: "Yebo, lokhu kungumsindo walolu hlobo kangaleso sikhathi."
I-Cut.	Ukuguquka phakathi kwezimo. Ukushintsha kubukhulu - kuye ngokushesha, kwenzeka ngesikhathi esifane, hhayi phakathi kwamabhithi. Ukuze ube esimweni A, bese ngesikhathi sesibili somculo wesigaba esilandelayo, uyabe use esimeni B. Akukho ukuguquka okuhamba kancane. Ukushintsha kwenzeka ngasikhathi esifanayo nomcimbi womsindo owudalele.	Qeqesha ukusika ngaphandle kokukhathazeka ngamaphakethe kuqala. Mima kunoma yisiphi isimo. Kusenguqelweni esiqinile: shintsha wonke umzimba wakho ngasikhathi sinye. Imele iyoshintsha kusukela phansi uye phezulu. Isisindo siyoshintsha kusukela kwakudla kuya kwesobunxele. Ikhanda lizovutha. Konke ngasikhathi sinye, kusenguqelweni. Lokho kuyisika. Faka amaphakethe uma ukusika kubucwebe.
Ukuphendula	Ukukhipha amaphethelo	Lalela imicimbi yomculo edinga

ngomculo.	akuhona ukuhamba okuhleliwe. Umuntu ofanayo angakhipha amaphethelo ahlukene ngengoma efanayo ezimini ezihlukene ngenxa yokuthi lapho amaphethelo aphendula lokho umculo owenzayo ngaleso sikhathi—ukwehla, ukwakhiwa, umsindo we-synth othile ogcwele kwi-beat yesithathu yale ndaba, inothi lebhasi eliphuma ngempela.	impendulo. Umsindo ophezulu we-synth udinga okuthile okunembile futhi esiphezulu. Ukwehla komsindo ophansi wombhoxo udinga okuthile okunamathe, elingaphansi. Ukwakhiwa kudala ukuhlanganiswa kwamandla ngemuva komzimba. Yenza izimo zakho kulawa micimbi, hhayi ngokwesikhathi.

Ibanga le-BPM: 118–135 BPM — i-UK garage, i-UK house, i-UK funky, okuhle kakhulu kwe-grime. Ibanga lentambo lapho izenzakalo zomculo zenzeka khona njalo futhi, kodwa elinamandla ngokwanele ukuthi umklamo ngamunye angabonakala kahle futhi uqondwe kalula.

Indawo: Ama-club aseLondon, imicimbi ye-UK garage, umklamo we-Boiler Room. Ukudansa ngendlela ethile kuhlobene nekhwalithi ethize yomuzwa nomlingo odanseni ezincimbini zomsindo kagesi wase-UK. Umuntu odinga ukudansa ngendlela ethile encimbini yomsindo kagesi ayenzi umdlalo phambi komphakathi—uxoxa nomculo, futhi wonke umuntu esezingxoxweni uyalokhu ubukeka.

I-Melbourne Shuffle: Ulwazi Olunzulu Lwegama.

Melbourne Shuffle:
* Indawo yomculo we-rave eyimfihlo eMelbowni, e-Australia - ngasekupheleni kuka-1980.
* Ukukhulisa emhlabeni wonke nge-EDM ngonyaka ka-2010.

Ingxenye yesi-3 yale ngcebo yethule ukushintsha kwendlela yokudansa ebaluliwe nge-BPM. Le ngxenye ihlinzeka ngezwi zobuchwepheshe ezifull. Ukushintsha kuyinqubomgomo yamanyathelo ahlobene, ahlanganiswe umsebenzi wokugqolisa phansi ngomkhovu kanye nomu, ikhwalithi ethize yokuthinta ifulapha, kanye nokunyakaza okuguqukelela okuhlukanisa lolu hlangothi kunoma yimuphi omunye umuzwa odanseni kule ndawo yomsindo we-elekthronikhi.

I-T-Step - Isisekelo.

Iphethini yesinyathelo.	Iphuzu eliyinhloko lobuchwepheshe.	Ngingakubonisa ukuthi kungabonakala kanjani uma kufanele.
RIGHT T-STEP: Iphuzu elilodwa elingakwesokudla liyagxuma kulelihlanga elilodwa elingakwesokudla. Iphuzu elilodwa elilengakhohlakele liyagijima ukuthi lihlangane nalelo elidlule. Iphuzu elilodwa elingakwesokudla liyagxuma kulelihlanga elilodwa elingakwesokudla futhi. Iphuzu elilodwa elilengakhohlakele ligxumela phambi kwalo elidlule, intambo yayo ibheke ekunene (eyakha umugqa oncane we-"T"). Isisindo siyushintshela kwi-phuzu elingakhohlakele eligxumile. LEFT T-STEP (okufanayo): Iphuzu elilodwa elilengakhohlakele liyagxuma kulelihlanga elilodwa elingakhohlakele. Iphuzu elilodwa elingakwesokudla liyagijima	ISAYIDI. Isinyathelo esilandela asibeki—siguqule phansi. Ubuhle bonke bokugxilisa buvela ekuguquleni kwaso isinyathelo esilandela. Izinyawo ezinyathelayo zifana nokuhamba. Izinyawo eziguquleya zifana nokugxila. UKUQEQESHWA KWENYA KUNYE NGESINYATHI. Xa inya elingaphambili liyagqama, umunwe uyavuka—lokhu kuyi-"T" bar. Ngaphandle kweminye, ukuyigqama kubukeka sengathi uyogwila. Ngokuba kuneminye, kubukeka sengathi kungenjalo.	Ukunyakaza okulula futhi okungenambambo eceleni. Umzimba uhlala efanini — akukho ukunyuka nezinto ezilandelayo. Ukuguqulwa kwesisindo kuyisigqi, hhayi phezulu naphansi. Izandla zihlale zivikelekile noma zigwibile ngokuphindaphindiwe kwiingxenye zomkhathi. Kusukela ekude: umuntu ohamba eceleni nendlela elula, izingafo ezishiyelwa phansi kancane.

ukuthi lihlangane nalelo elidlule. Iphuzu elilodwa elilengakhohlakele liyagxuma kulelihlanga elilodwa elingakhohlakele futhi. Iphuzu elilodwa elingakwesokudla ligxumela phambi kwalo elidlule, intambo yayo ibheke ekunene. Le ndlela iphindaphindeke, ihlanganiswe ngamaphuzu amabili. Umphumela uyindlela yokugijima esezingeni, kanti leli-cross-step lidalula umugqa we-"T" ekupheleni kwento ngayinye.		

I-X-Step - Ezinga Eliphakathi.

Iphethini yesinyathelo.	Ilunga lobuchwepheshe eliyinhloko.	Ubudlelo noT-Step.
Qala ngezinyawo ezihlanganisiwe: * Ibhidi 1: Inyawo elungile lidlule ngaphezu yenyawo esezweni (ngaphambili) - zombili izinyawo manje zikhuni, inyawo elungile ngaphezulu yenyawo esezweni. * Ibhidi 2: Inyawo esezeni igxumela kude eceleni - izinyawo ziyahlukaniswa, umahlalisa ngokubanzi. * Ibhidi 3: Inyawo esezeni idlule ngaphezu yenyawo elungile (ngaphambili) - ukubhujwa, inyawo esezweni ngaphezulu yenyawo elungile. * Ibhidi 4: Inyawo elungile igxumela kude eceleni - izinyawo ziyahlukaniswa. Le ndlela yendabuko idwetshwa umbhangqwana	I-CROSS kufanele ibe yi-cross yangempela—ingxenye yomfushwa eyodwa idlula phambi kwengxenye yomfushwa oyikhayo, hhayi cishe kuyo. I-cross esondelene ibukeka njengento engatholwe ngokungeniso. I-cross yangempela idala umfanekiso we-"X". Isinyathelo se-OUT kufanele sibanzi ngempela—okungenani ububanzi bomkhakha. Ukuhlukahluka phakathi kwe-"X" kanye nosayizi obanzi wesinyathelo kuyinto eyenza ukuthi isinyathelo sibe nomjikelezo omuhle.	I-X-Step ne-T-Step zingahlanganiswa endleleni efanayo. I-T-Step ihlinzeka ngokuhamba okude. I-X-Step ihlinzeka ngendlela ebonakalayo engahambi yona. Umuntu okhululekile ekushufeleni ushintsha phakathi kwazo ngokuya ngobubanzi obutholakalayo kanye nokuthi umculo uyenzani.

"X" phansi ngenkambiso yenyawo elidlulayo.		

I-Running Man (Uhlelo lwedijithali / Uhlu oluhambisayo).

Ehlukile kwi-"Running Man" yohambo ye-hip-hop yama-1980 eSection 8.2. I-"shuffle Running Man" iyindlela ethuthukisiwe futhi ehamba phambili, eyodwa nalokhu okubonakala njengobuciko.

Iphethini ye-Shuffle Running Man.	Yini eyenza ukuthi kube yinto ehlukile kuneviliyoni ye-hip-hop?
Iphuzu elilodwa liyagxeka phambili (iphansi - ngaphansi kobude weenyawo, imilenze iphezulu) kanti inyawo elilodwa liyagijima ngemuva phezu kwendluphunga. Inyawo elilodwa liyaxuba phansi ngesinyathelo kanti inyawo elilodwa ngesikhathi esifanayo liyagxeka phambili. Inyawo elilodwa liyaxuba phansi ngesinyathelo kanti inyawo elilodwa liyagxeka phambili. Ukusebenza kwezinyawo ezimbili, ukuxubha kwenyawo kanye nokugijima kuyenza ukuthi ukuhamba kube lula: ukuxubha kwenyawo kuqala, bese kugijimela kuye emilenzeni njengoba umzimba udluliselwa, kanti inyawo elilodwa linye liyagxeka.	I-“Running Man” ye-hip-hop iyakha ukuthi ufake ingxenye phezulu yomkhakha ephezulu futhi udlame. I-"Running Man" ye-shuffle igcina ukunyakaza kwayo phansi futhi kuthule - ukuqeqeshwa kuyokugcwele, inyawo ihlala eduze nomhlathi, ukufika kwenyawo ngaphambilini kanye nenyaweni kudala ukugeleza kungekudlame. Imiphumela: i-"Running Man" ye-hip-hop ibukeka njengomdlali futhi enamandla. I-"Running Man" ye-shuffle ibukeka sengathi umzimba uyasuswa yamanzi - ukuqhubekeka phambili ngempumelelo encane. Umhlaba uyindlela, hhayi isithiyo.

Izinga le-BPM zohlobonhlobo lwezindlela zokudansa: 128–160 BPM. I-T-Step ne-X-Step ziyasebenza kakhulu ezingu-130–145. I-Running Man isebenza kuzo zonke izimo, kodwa iba nzima ngempela ngaphezu kwe-155 BPM ukugcina ikhwalithi—iba ukudansa okungenangqondo kunokuba ukudansa okulula.

DnB — Ulwazi olufundisiwe mayelana nohlelo lwamabhithi nama-bass.

DnB / Jungle footwork e-UK — i-jungle evela ngomculo we-soundsystem ngo-1992-1994, i-Drum and Bass yaba umklamo ofanayo kusukela ngo-1994 kuze kube manje.

Isigaba sesi-3 sinikeze ukuyalwa okubalulekile mayelana ne-DnB: landela i-kick drum esilinganisweni sezikhathi ezimbili (efanayo no-80 BPM), hhayi i-breakbeat egcwele (160–180 BPM). Yilokho okuyinto ekuqaleni. Nansi uhlu olugcwele lwamagama.

Fisha.	Pattern	Imveliso / isimo senkultura.	Uma kubonakala
I-Jungle Skank.	Thenga umzimba wakho esandleni esilapha. Isandla esivalo siyathuthuka phambili naphakathi (ukushaywa okuncane kude naphakathi-kwesobunxele), amagijimani ayavuliwe kancane. Buyisa isandla esivalo embizeni. Thenga umzimba wakho esandleni esivaliwe. Isandla esilapha siyathuthuka phambili naphakathi (kude naphakathi-kwesokudla). Buyisa. Ukuthenga kunamandla—umzimba ophezulu uyatshiywa ngemuva kanti isandla siyathuthuka phambili, okwenza ukulingana. Lena akuyona into encane.	Kusuka ngqo esikujuleni sezimpempe ye-Caribbean—i-"skank" iyindlela yokuhamba eyisigqi kwe-reggae ne-dancehall ekuyatholakala kuyo i-jungle lapho ihlanganisa khona isikujuli sezimpempe nengoma yama-breakbeat. Lapho i-jungle igcina le-"skank", yayigcina ukukhumbuleka kwomzimba mayelana nemvelaphi yayo ezihlangweni zabantu abathile abafika eLondon.	Uma umhlaba womsindo udlala kakhulu futhi i-breakbeat ikuyo indawo egijima kunokuba yindlela enamandla. I-"skank" iphefumula—iyenzelwe izikhathi phakathi nezinto ezinkulu.
I-DnB Step.	Njengoba kuchazwe kwiSahluko 3: uye kuphuzu lokushayela phakathi nesigaba. Hlanganisa isinyathelo esilodwa ngesinyathelo ngokusebenzisa izikhathi zokushayela phakathi nesigaba (ngakunye emithathu yombuzo oqoshiwe). Phinda lesi sinyathelo ngaphandle kwengxenye yesibili. Umzimba uyahamba kancane phambili ngasinye isinyathelo, bese ubuyela ekugcineni. Faka	Lesi sinyathelo uhlanganisa ikhwalithi yokuphusha eqinile ye-gabber nezingoma ezijulile ze-DnB. Ukuba nezikhathi ezincane kungokuthi: i-DnB ingumculo osheshayo kuleli khasi elingcono kakhulu ukuzizwa ngokushesha okuncane.	Kuyo yonke indawo, amanyathelo e-DnB yindlela esetshenziswa ngokuvamile ngabantu abatholile umdlalo wakamuva (half-time).

	ukushaywa kunoma yiliphi isinyathelo - izinga eliphakanyisiwe liyofika, hhayi ukuthinta nje.		
I-DnB Headnod.	Akuyona ukugxeka okuqhubekayo okubonakaliswe njengokungahleliwe kuSahluko 5. Ukugxeka kwe-DnB kuyinqubo eqondile, ekhulu kakhulu yokuphimisela phambili ngezansi ngesikhathi se-kick esiyisigamu, kugcinwa isikhashana ezansi, bese buyakubuyiselwa phezulu. Kuyashesha. Kufanele ukuba kunenani elincane. Kulandela amafreyensi aphansi, hhayi i-breakbeat. Ngokuhlanganiswa nokugxeka kwe-DnB, ukugxeka kwengalo kenza wonke umzimba ophezulu ube namuva ngomuzwa wesigamu.	Imphendulo endala kulokhu okukhethwa kakhulu ekwenzeni umculo we-DnB — ifrekvensi yobuso obukhulu esilungele ukuzizwa ngomzimba kanye nebhithibhitshi elisheshayo elikhona phezulu, kwakha ulwazi oluhlukahlukene. Ukujwayela ukugxumela ngesikefu kutholakala ezingeni lobuso obukhulu.	Ngesikhathi kukhona ukushintsha okunamandla komusho kanye nezindawo ezijulile.
I-Roll-Through.	I-bassline ye-DnB ihlaba futhi iyashukumisa. Umugqa omzimbeni olandela ukushukumiswa kwebass - uqala emuva esaphansi, uyagxuma ngasempandle, uphume ezindlebeni - uhambisana nalokhu ukushukumiswa kwebass. Akuyona ukugxumela komzimba okuphelele njengoba kuyisiko kwe-hip-hop. Kuyinto elula, ukuguquguquka okukhethekile kwebass ekuqaleni	Amahlathi kanye ne-DnB anezindlela zomsindo ezithile zokukhanya, ezinomlando ohlukile kulezo zamaslayidi we-techno noma lezinto ezilandelayo ze-house. Ukuhamba kwalesi msindo kuyimpendulo yomzimba kulolu hlobo lomuzwa.	Uma umsindo womhloshwa ukhulakala. Akuyona yonke indlala—uma umugqa womhloshwa ukhuliswa futhi udlulela phambili.

	emuva esaphansi de ephezulu.		

Hakken kanye noMuzz.

Hakken: Uhlobo lomsindo wase-Holland (gabber/hardcore) - eRotterdam, ekugcineni kuka-1990. Igama elithi 'hakken' kusho ukusika noma ukuhlanganisa ngesi-Dutch.

Muzz UK — Uhlobo lwamasiko laseNingizimu Asia nabasePakistani abahlala eBhritani, oluhlanganisa ne-hardcore, kusukela ngonyaka ka-2000 kuze kube manje.

I-CENTURION - Inya ingumthombo. Konke okunye kuyinto esekelayo.

I-Hakken ingelinye yochwepamo ezindlela ezinselele kakhulu ngomzimba kulolu hlu olu. Ngamathuba amagxeni we-gabber ne-hardcore (150–220 BPM), ukwenza i-hakken isikhathi eside kufana nokuzivocavoca okukhulu. Futhi, uma kwenziwa kahle, ingelinye yochwepamo ezinhle kakhulu—ukushintshiselana kwezinyawo ngokushesha kanye nokunemba kudala umklamo omuhle ongahlangabezwa—lokhu kudlala indima elandelayo: ukushintshiselana kwezinyawo ngokushesha kudala umuzwa wokujiya okuyindlela, okubonisa ukukhuthazeka kwegejini lomculo oluhambisana nalokho.

Isitayela.	Iphethini.	Imibhalo yobuchwepheshe.
I-Basic Hakken.	Mima ngamaphuzu amabili aphakathi kwezinyawo ezibanzi njengomkhawuzelo. Kumhluzo ngamunye we-kick drum: gqoka ingxenye yangemuva esandleni elilunga kanye nokuphakamisa, ngesikhathi esifanayo ukuhudula izingxenye zombili zemilenze ukuze ube nesisindo. Kumhluzo olandelayo: gqoka ingxenye yangemuva yesandla elinye, ushintshe isisindo kulowo ongenele. Ukugqokwa kufana ngokuphelele nemihlungu ye-kick drum. Ubude bokugqoka: kusilinganiso sezinyawo ezansi kuze kube yizinga lezinyanga kusekhini eyisisekelo. Ukugqoka kuyaphambene, hhayi ekudlule. Inyanga iyakhuliswa, ingxenye engaphambilu yemilenze iyandiswa, inyawo iyakhuliswa, bese inyawo ibuyela phansi ngesikhathi isisindo sishintsha.	Umgomo ophezulu: ekuhlakeni kwe-hakken, uhlala ungenazo izindlela eziningi — amabhokwe alingaphansi noma athunyelwa kancane. Ukunyakaza kunguqamba kakhulu ngaphansi kwengxenye yegazi. Ukuhluka phakathi kokunyusa kwamagxa kanye nomgomo ophezulu onamandla kuyindlela yokubonakala ye-hakken. Inselele yesikhathi: i-hakken eyisisekelo engengezwa ngama-160 BPM iyinkimbinkimbi yezinhliziyo. Ngama-180 BPM, kungenye indlela yokuzilengisa. Ngama-200 BPM, idinga ukulungiselela okuyisimiso. Ungazami ukwenza i-hakken esheshayo ngokuqhubekayo ngaphandle kokulungiselelwa.

Ukugxoba okuthuthukisiwe (ukungxongwa okuphezulu).	Ikhakha ifinyelela ubude obulingana nomhlaba noma ngaphezulu. Ukushaywa kukhulisa ingxenye yaphansi yesinyithi kuze kube lufinyelele phambili, futhi isinya kufanele sifike phambili kububanzi bomdwebo noma ngaphezulu. Ukubuya kubamba kakhudlwana — isinya kufanele buzwe futhi buthathe indawo ukuze kushintshe umzimba wokushayela okunamanye amatshe. Lokhu kudinga amandla ama-hip flexor kanye nokuhambisana kwamathambo amancane.	Umzimba ungahluka kancane ngemuva njengoba ukhohlwa kuya phambili - lo mbusho ofanayo nokulungiswa kwesisu esingasetshenziselwa ukuzilondoloza, kodwa kunconywe kakhulu. Ngaphandle kokuhluka ngemuva, ukuphusha okuphezulu kungahle kudonsa umzimba wonke phambili futhi lokho kubangele ukuthi ubuso bugulukile. Izandla: ezinye izitayela ze-hakken zenza ukuthi izandla zithambe phambili ngaphezu kwegazi eliphushayo (njengokuthinta kwezandla lapho ugijima). Enye indlela, izandla zigcinwa zikhululekile. Zombili lezi ndlela ziyasebenza.
Muzz - uhlobo lwe-UK.	Ukuqwashwa kwegeja kungabonakala njengokuguquka phakathi kwezindlela ezahlukene zokugxeka ngeenyawo, njengoba kunjalo ku-"hakken", kodwa ngamathuba ahlukene kanye nomlingo ohlukile. Umculo "muzz" (uhlobo oluyisisekelo lwaseningizimu yase-Asia e-UK oluhlanganisa ukungcwadi okunzulu) udala indawo lapho isitayela sokudansa kwegeja se-"hakken" sihlanganiswa nomkhuba wokunyakaza ohlanganisiwe ne-"Bhangra" ezinkundleni zokujabulisa zabantu base-Asia eNingizimu. Ingxenye ye-"Bhangra": okuthile kokudansa kwe-"muzz" kufaka ukuzimisela komzimba okungabonakali ku-"hakken" evamile - ukubandakanywa kancane kwengxenye yangaphandle, okuwubumbano wokunyakaza kwamahlathi e-"Bhangra" kuyilapho kugcinwe ukugxeka ngeenyawo njengesici esiyinhloko.	I-dancefloor ye-Muzz inendlela yayo yokubalwa njengenkululeko yesiko—umculo uqukethe izinto ezivela kumlayezo womusho waseNdiya (izimpawu ze-tabla, ukuhlelelwa kwemigudu, amasampula amabhili ayisuka ngomlayezo we-Bollywood noma yomusho wasePunjabi) ahlangene nomkhuba wokudlala izithuthuthu kwi-hardcore. Ukujwayela okubalulekile okuvela kulokhu kuhlangana akuyona nje i-hakken futhi nakuyona nje i-bhangra. Kuyinto yesibili, ehlukile, eyikhulu kulabo bantu kanye nalawa macala ngalo msebenzi.

Ukulungiselela umzimba we-hakken: Uma uhlela ukwenza i-hakken ngesilingo esikhulu, ukulungiselela okulandelayo kunciphisa ingozi

yomugqobo: ukuphuzi kwezinsiza zokuhudula ezisongweni ngaphambi komcimbi (ukushaywa okuphindwe kabili kwegazi eliphezulu kushintsha kakhulu izinsiza zokuhudula ezisongweni), ukufudumeza kwezinxenye zasemva zezinyawo kanye nezinyawo (ingxenye yomzimba egibele ingaphansi kokucindezelwa okukhulu ngakunye kwesilingo), kanye nokuphathwa kwamaminerali (i-hakken ihlisa amaminerali afana ne-potassium ne-magnesium ngokushesha ngokwehliswa ngomswakama ngesilingo esikhulu). Uhlelo lwamaminerali eliyisongela le-Recovery Kernel lisebenza ngqo.

Dubstep Movement Vocabulary

Ukuchuleka kwe-dubstep. I-dubstep yase-UK evela eNingizimu yeLondon, kusukela ngo-2001 kuya ku-2006. Ukwandiswa kwayo emhlabeni wonke ngenxa ye-"brostep" kaSkrillex, kusukela ngo-2010 kuya ku-2014.

I-dubstep yasungula izindlela zayo ezintsha zokuhamba ngoba yakha umculo ongabonakali kulolu hlobo olukhulu lwendlela yokuhamba. I-"wobble bass", i-"half-time groove", ukwehla okukhulu kwasomabhayelethi elandela ukuthule okwedlule, izinto ezithintekayo zedijithali—konke lokhu kudinga imizamo emisha yomzimba.

Fisha.	Ungayifaka kanjani?	Yini emphendvukisayo emuswini.	Ikhwalithi uma ifanele.
I-Drop Lock.	Ngesikhathi ukulungiselela (lapho umculo uqala ukuvutshwa futhi ugxile ekuthweni): qokelela ukukhuluphala kwakho – amabhokwe anyukele phezulu, umzimba uyagoba phambili, izimo zivuleka. Ngomzuzu ofanayo wesikhathi esithi "drop": wonke umzimba ukhululelwa ngasikhathi sinye. Emva kwalokho: khulula futhi uhambe ngohlelo olufunwayo yilesi "sikhathi esithi	Ukwehla kwesipuni. Ukungathuli ngaphambi kwalokho. Isikhathi esithile lapho kukhishwa khona amandla amakhulu kakhulu. "I-drop lock" yindlela umzimba aphumelela ngayo empendwini yangempela ngaphambi kokukhipha lokho kwamandla.	Njengomfundi owathathelwa ngesikhathi samandla aphezulu - umzimba esindaweni eyayizoba khona ngaphambi kokuba uphumele. Emva kwalokho, uphelelwe.

	'drop'."		
I-Wobble.	I-wobble bass (umsindo oyingxenye ebalulekile yokukhiqiza umculo we-dubstep) ihamba ngendlela ejulile—iyashintsha kancane kancane futhi inezinga elithile. Yidlulele izandla, umzimba, noma umuntu wonke ngokuhambisana nezinguqulo ze-wobble. Lokhu akusebenzanga nomzila womculo—kusebenzisa i-wobble frequency, okuthi ngempela kungaba ngokushesha kunomzila futhi kuhlanganisiwe naye ngokuhamba kwesikhathi.	Ukuguquguquka kwe-LFO (Low Frequency Oscillator) okudalayo umsindo wengoma "wobble". I-"wobble" uyinto esenziwa ngamaphara amakhulu aguquluka ngezinga elithile. Umzimba ongaso usungaguqugula nangezinga elifanayo.	Umzimba ubukeka uphele - ukuguquguquka okushesha kodwa okulawulwayo komkhakha noma amabhokwe, okuholela ekuguqugulweni. Kusuka kude: umuntu ohlanganisa nomculo ngezinga elingaphansi kolwombulelo obubonakalayo.

I-Glitch.	Uma umculo unomkhuba wokukhishwa kwezinto ezingokwakhe kwedijithali—ukushaya, ukuphindaphinda, ukungcoliswa—umzimba uphinde-phinda ngalo mkhuba. Phakathi kokuqhamuka: kamuza. Phindaphinda. Kamuza endaweni efanayo. Qala ukuhamba futhi. Umzimba uyenza iphutha ledijithali. Lokhu kudinga ukusabela ngokushesha—iputha kufanele kubhekwe kusengxenyeni (ngokwazi umculo) noma kwenziwe ngokushesha uma kuzwakale.	Ubunjalo bendawo yedijithali ekukhiqizweni kwe-dubstep—izinto ezengokwenyama zokukhiqiza umculo kagesi ezifakwa phambili njengezinto ezenzakalakalayo. Ukungcwaba, ukuphindaphinda, ukusika—ngamanye ahluzo, umculo wenza izinto ezibonakala sengathi zimiphumela. Umzimba uyazikhumbula.	Ukulimala kungenzeka ukuthi kungabangelwa yizinto ezilandelayo: * Ukungqubuzana okukhulu. * Ukuma okuphelele. * Ukubuyela ekuhambeni okuqala ngokushesha. * Ukudansa kokulimaza, okuyi-inseleko enkulu kakhulu yahlanganisa yamagama ye-dubstep ngoba kudinga ukulawula umzimba wonke ngesikhathi esifushane kakhulu.
I-Krump Element.	I-dubstep, ngamathoni ayo amakhulu, yaveza ukhiyeleka kwe-krump—uhlobo oluqinile, olugxile esifubeni, oluthinta kakhulu ososayensi baseSouth Central Los Angeles—ezinkundleni zomculo wehlektronikhi. Okuthiwa yi-"chest pops" (ukukhulisa ngokushesha kwesifuba lapho kunethoni elikhulu), ukugxilisa kwezandla (okubanzi futhi okuqinile), ukuthinta okuhambisana nokudlula kwayo. Ingxenye ye-krump ekujuleni kokudansa kwe-dubstep iletha indlela yezindlela ezinkazimulweni zohlobo lwe-hip-hop	Ubuhlungu bomzimba obuqhamukayo kumakhithi ethile ye-dubstep—isihluku esiphansi esikhulu, ukushushiswa kwe-kick, kanye nezinto ezilwa izimpungushe. Le musiqo iyabangela ubuhlungu bomzimba. Impendulo ye-krump ifanele kulelo buhlungu bomzimba.	Amandla amakhulu, umzimba okhulu, uphinde ube nomthamo omkhulu. Umzimba awuhambi—uxutshwe endaweni ethile. Wonke udoti ufika.

	ezinkundleni zomculo wehlektronikhi.		

I-Clog ne-Irish Step: Ukushukiswa Kwasendabeni Esingakaze Kushiywe Phansi.

Clog Dance: Imiphakathi yamasimende eNingizimu yeNgilandi – kusukela ngo-1700 kuya namuhla; Irish Step Dance: E-Ireland – kusukela ngomhlaka ka-17.

I-CENTURION - Ukushaywa kwezigulukudu esikhathini eside, manje kusidanswini samanje. Akikaze asishiye. Manje nje ushintshe ukubukeka kwakhe.

Ukujula kanye nokudansa kwasaseThalandeni akuyona izinto zendulo. I-DNA yazo iyakhona ezindleleni zokudansa zehlezi elisheshayo ngazinye kulolu hlu. Ukusebenza kwezinyawo ze-Melbourne Shuffle, okungukuthi ukuhamba kwekhanda kanye nokubambelela, kuhlobene ngqo nokuhamba kwekhanda ekudanseni kokujula. Ukushaya kwezinyawo ngejubane kwe-Hakken kufana nomqondo wokusebenza kwezinyawo ngejubane ekudanseni kwasaseThalandeni—amandla ezinyawini, ukushesha kwezinyawo, umzimba ophezulu oqinile ovumela izinga eliphezulu lokusebenza kwezinyawo.

Zombili lezi ndlela zohlobo lwezincwadi zifana futhi nomqgomo womculo we-elekthronikhi mayelana nebhidi: ziyisikhuthazi. Umzimba wogxiji uyindlela yokudlala ezidala umsindo ngokushaya phansi. Lokhu akuyona ukucatshangwa kwi-clog dancing yendabuko—amabhuti ogxiji womdali, anamaqina, ngempela amadrums. Phansi kuyi-drum. Umzimba uyidlala.

Indlela yendlela.	Umqondiso omkhulu wezinto eziyingozi.	Yini okunikeza umdlali wamathuba wokudansa ngesikhathi samanje?
Ukujija kwezicathulo zaseningilishi esempumalanga.	I-clog ine sole yobunjwa eyenza umsindo obuhle uma ithinta umhlaba. Ngakho, ukujula kule ndlaliso kuyinto ejwayelekile—ngamunye umkhuba uyindlela yokuthinta. Iritimu yalokhu kujula futhi iyilukuluku lokujula. Ukushayela kabili (ukuhamba ngomhlathi kanye nomqolo ngokuhlanganiswa okusheshayo), ukutsheka (ukufakwa kwesisindo sonke), ukudlala (umhlathi ukhunjulwa kanti umqolo uhleli phansi): lezi yizwi.	Ukulawula ukufika ngomhlathi noma ngeminwe: amandla okufika ngomhlathi bese ugxumela kuze ufike eminwe, noma ukufika ngeminwe bese ulawula ukufika komhlathi, kungukubuyekeza lolu hlangothi olwenza ukuthi i-Melbourne Shuffle ibe nomkhuba wokugijima. Indlela yezimpahla zamatye yayifundisa lokhu izinkulungwane zonyanga. Le nqubo ihambisana ngqo.
I-Irish step dance.	Umzimba oqinile ongaphansi futhi umzimba onamandla ophezulu uyindlela ebonakalisa	Ubuchule bokuhlukanisa umzimba: ukwazi ukugcina ingxenye ephezulu nomzimba

	ukubukeka kakhulu komuntu. Izandla zihlala ezinhlangotsheni - zingahambi ngasoze zithuthuke. Yonke ukunyakaza kuqala ekhanda elingaphansi futhi kuhamba phansi. Amagijane enza imikhuba esheshayo, ecacile yokutsheka, ukugxumela kanye nokubhukuda kuyilapho umzimba ugcinwa uphakeme futhi uqinile. Umzimba ubukeka uthule ngaphezulu kwengxenye yegazi, kodwa amagijane enza izinto ezingamanga ngezansi.	ongezansi zenze izinto ezihlukile ngokulinganayo ngasikhathi sinye. Lesi siluyilo esifanele nalokho okudingekwa yikho: i-hakken (amakhala asebenza, umzimba ophezulu kulawulwa), ukuklama imiphumela (izandla nezinyawo ezilandelayo izindlela ezihlukene), kanye ne-"dubstep glitch" (umzimba ongezansi uqhubeka kanti umzimba ophezulu uphoqa). Indlela yama-Irish step iyifundo enhle ngalolu hlobo lokuhlukanisa.
Ukuguqulwa kuMculo We-elekthronikhi.	Kiemanjemeni kanye namajini e-psytrance ne-hard techno: qaphela amaphuzu alabo abantu abenza ukuhamba ngamaphuzu esheshayo — bayenzela ukudansa kwezinyawo okuyisiko, kodwa basebenzisa izinwele. Umzimba abakhethile ukuwusebenzisa kuleli nkhundla le-rave yango-2024 unoxhumano neminyuzelo yamasiko endala engu-300, futhi kungase bangazi lokho.	Uma ubona ukushaywa ngokushesha kwamasokisi endaweni yobuciko bomculo (electronic dancefloor), kuyinto efanayo nomkhuba omzimba wokudansa ngamasokisi (clog dancing). Uma ubona umzimba ophezulu oqinile onamaphuzu amakhulu ezinyawo ku-hakken, kulingana nomthetho wase-Irish step. Ukwazi lokhu akuyona ukunciphisa lezi zindlela— kuyilona ukubona ubumfihlo bomkhakha womculo wabantu.

Ukusetshenziswa kwangempela: Uma ufuna ukuthuthukisa ukuhamba kwakho kwe-"hakken" noma ukuhamba ngamaphuzu, buka amavidiyo okufundisa kokudansa kwe-"clog" kanye nokudansa kwasase-Ireland, ikakhulukazi mayelana nobuchwepheshe bokuhlanganisa izinyawo ("heel-toe") nokulawula ukuthinta kwenyawo. Ukuzilolonga kwezinyawo okuhlangenwe nakho ngamashumi eminyaka abadansi bezindaba ezidumisile ukuze kuthuthukiswe lezo zikhakha ezithile, kungasetshenziswa ngqo kumagama okudansa ezingoma zesi-elekthronikhi. Lokhu akuyona ukuzilolonga kwezinye izinhlobo njengokungathathi hlangothi— kuyindlela yokufinyelela umthombo ofanayo.

Isigaba 8.9 — Izinhlobo Ezimbili Ezingabizwa.

I-CENTURION - Abanye abantu bangumlilo. Abanye abantu yinzalwane. Bombi bayilungile. Akukho muntu ophazamisekile.

Kuyo yonke indawo yokujanta, zikhona. Akekho owayazi ngazo ngokusemthethweni. Azifundiswa kulo msebenzi. Kodwa ziyenzeka njengoba kuyiqiniso nge-T-Step ne-Electric Slide—izindlela zomzimba ezilandelana kuyo yonke indawo, kuzo zonke izikhathi, kuzo zonke izwekazi, okwenza ukuthi zibe yizinhlobo zemvelo zabantu ngesikhathi bomculo.

Bubonakala kakhulu lapho umdansi esemthethweni - phezu komkhwakhi, entshonalanga, elokshinini lodansa, noma endaweni yokukhuluma. Ephezulu ngaphezu komphakathi, futhi enamagolide alolu hholo ayibukeka, abantu bavame ukwehla kuhlanganweni yalezi zindlela ezimbili. Akuyona ngokuzikhethe - ngobunzwa. Umculo kanye nendawo ephezulu ndawonye kubonisa okuthile mayelana nokuthi umzimba ufuna ukuba kanjani emhlabeni.

I-Bonfire.

EPHLOOFONI - Abanye abantu bathumela umlilo lapho umculo ufinyelela kakhulu. Bayazama. Bukhulisa. Bangenza ukuthi kubhujwe.

Umuntu omdansi "Bonfire" kulebhokisi uyisimo esikhethekile nesobala somzimba. Umzimba ukhulisa phezulu naphakathi. Izandla ziyaziwa. Amakhwapheni ayanda futhi asatshalaliswe. Ukunyakaza kunemikhakha ephezulu—ukukhuliswa, ukufuna ukuphakama okungaphezu kwalokho ibhokisi elinikezayo. Umzimba uzama ukuba mkhulu kakhulu kulokho akuyi.

Izimpawu zomzimba.	Ukuhamba, ukugijima, ukuhlala, ukuphunyuka, ukuzulazula, ukujikeleza, ukungena, ukukhishwa, ukubaleka, ukuyiswa.	Umthwalo wesikhundla esiphezulu.
Ukuhamba ngobheke ngokungena phezulu. Izandla zifike phezulu kakhulu kunokuba zibe ngakubo. Isitho siphakamisa—ingadi ivuleka eya kumphakathi. Inhloko iyagxuma. Isisindo siyashintsha siye phambili esikamelweni sezinyawo njengoba umzimba uzama ukuhlanganiswa.	THE REACH: amabhande omunye noma womabili amalahle anzwa kakhulu phezulu, iminwe ifakazelwe njengokuthola okuthile okulwa phansi. Inyawo alinamkhuba — kunomdlavuza omncane oqhamuka esandleni kuze kufike emunyunyuni, njengenyezi eqala esandleni futhi iyaphela emunyunyuni.	Umculi ogoduka esibhodini uyisigneshi elubonakalayo. Abantu abaphansi bakhe babheka phezulu. Amandla omculi ogoduka esibhodini abonakala kuyo yonke indawo ngaphambi kwamanye amandla omculi. Umphakathi oseduze uthola ukukhuthazwa kwalo kumuntu osegxeni eliphezulu. Lokhu kudala

Ukwandisa: indawo yomzimba etholakala kuyo isezingeni eliphezulu. Izandla zibanzi, amagxenge ayawahlala ngobubanzi obukhulu kunalokho okuyikhambi, umzimba wonke usekufakwe.	THE SPARK: ukuhamba okusheshayo kwezigceme kusukela endaweni eyodwa — iminwe iyakhulisa futhi iyakhishwa kabili, njengesipoki esiphuma umphepo. Ukugijima okunengqondo, nokukhulu kunazo zonke ezandleni kuyilapho ezinye izingxenye zomzimba zihlala zilawulwa. THE SWAY: umzimba wonke uyaguga ukusuka kwesobunini kuya kwelodlule. amaphuzu—hhayi umkhakha. Ukujikijika komzimba wonke, njengomlilo ohamba ngempungushe. Ububanzi bokujikijwa kukhulisa ngokwezindlela zamandla womculo.	umthwalo: ukhulise lesi signal. Nakho konke okuthumela kusuka esibhodini — ukungabheki, ukugijima, injabulo yangempela, ukuxhumana — kuzophunyiseka emphakathini ozungezile. Umculi "Bonfire" othole umlilo wangempela—hhayi ukuzigqama njengomlilo—uyakhanyisa igumbi. Umculi "Bonfire" ongazigqama njengomlilo ushiya umphakathi engabambeni.

Ingxenye esantshi: Ukunyakaza okunamandla kakhulu oluyatholakala kumdlali we-Bonfire: amabhande amabili aphezulu kakhulu ngesikhathi sokwakhiwa, bese ehleli ngenketho—ukuphonswa kwezansi okulawulwayo okuya phansi uma umsindo omkhulu ufiwa. Abantu abatholakala ngaphansi bayamukela lokhu njengomthelela womculi. Kuyisimo sokuphefumula okuhlangene.

Imele: Amehlo omdlali we-Bonfire abalulekile. Ammehlo abheke phansi kuhlaliswa, athintana nabantu ngabanye, futhi akhulele ngokwenziwe—lokhu kudala ukuguquka kwamandla real. Ammehlo avaliwe ekujabuleni okuyimfihlo endaweni yangaphakathi yomphakathi kuyithuba elishiwo. Ukhona kuleli bhokisi. Yiba khona kuleli bhokisi.

Imithi.

PHANTSI— Abanye abantu bayigxumela lapho umculo udlala khona. Bayagxumela phansi. Buxubeka phezulu. Konke kushiwo kusuka ekunqamukeni okungahambi nowhere.

I-Plant dancer iyisimo esihambisanayo ne-Bonfire. Lapho i-Bonfire ifinyelela phezulu, i-Plant ihamba phansi—isisindo sihlehlisa, ukuxhumana nomhlabathi kuqiniseka, izimpande zidlula ngaphakathi. Futhi, kusukela kuleyo mpande, umzimba ophelele uyakhululeka. Amagxenge ayahamba kanti isiqu asahlala.

Izimpawu zomzimba.	Ukuhamba, ukugijima, ukuhlala, ukuphunyuka, ukuzulazula, ukujikeleza, ukungena, okukhipha, ukubambezelela, ukuthatha indawo.	Laphi kutholakalayo.
Ithimba elinamahlathi, amanzi aphansi, amagazi anobunzima obuncane. Umzimba uxhumeke phansi kunokuthi ukhuphukile. Kukhona umuzwa wesisindo — idansa le-Plant ibukeka ifanele ukuba yikhona lapho imi khona futhi akukho moya ongafakazi ukuthi iyoshintsha indawo. Ngakwesinye isici, umzimba ukhululekile kusukela ehlombe phezulu. Umoya ofanayo ongakhombisi amagazi ubangela ukuthi yonke into ngaphezu kwesifuba ihambisane nayo. Izandla zikhulisa ngokwemvelo futhi zushintsha izindawo ngezindlebe ezithintekayo. Ikhanda liyakwetheka futhi lilandela. Isipuni luyaguga.	THE SWAY: amabhokisi nezindlebe ziya kuguquka ngendlela efanayo njengomoya ongabonakali. Akuyona ukugqwayiza okungenangqondo—ukuphimisela okulula okuya kuzo zonke izindawo futhi enganalo iphuzu eliqediwe. Ukugqwayiza kuya kuze kube yilapho into ethile liyashintsha, bese liya kwelinye indawo. THE WAVE: ukunyakaza okulula okuhamba kusuka kwenye indlu kuye ehlwini futhi kuphume kwelinye indlu. Ukuqhuba okuqhubekayo emzimbeni wonke ophezulu. Akuyona ukugubhuka (okwenzeka ngamathambo ngamathambo) kodwa ukugqwayiza—umthamo owodwa ohamba kuleli thambo eliguquguqukayo. THE UNFURL: kusukela ezindlebeni ezixubile noma ezibambelelwe emzimbeni, ukuphakama okuphansi okuhamba ngokushesha—njengokuthi Uphilelo olusha umgqomo wesiphiwo. Inyawo iholela, ingalo ilandela, intamo ilandela inyawo.	Imicimbi ye-psytrance, lapho umculo unobungcweti bomdabu futhi uqhamuka kancane kancane. Umculo opholile kanye nomusho wehlektronikhi onobungcweti. Izikhathi zokugcina ilanga ezinkundleni zasemoya. Izikhathi ngamanye amakonsathi lapho umculo uyeka futhi ube nomsindo omkhulu kancane, okwenza ukuthi uzwakale ngokucophelela. I-The Plant iphinde ibonakale emicimbini enobunzima ngesikhathi sokulula – uma umculo uyekile kancane, i-Bonfire ingaba yi-Plant esigabeni esisodwa, bese ibuyela ukuba yi-Bonfire. Le ndlela ayinamkhawulo ofixwe.

Ukudansa kwezimbali empeleni kunoma yikuphi ukudansa kwezinto eziphilayo.

Impemba emoyeni vs. Impemba omoya olinganiselwe: Ukwazi kwalokho okucatshangelwayo kubalulekile ekwenzeni ukuhamba. Umoya olula udala

ukuhamba okuncane, okunembile, okuqhubekayo. Umoya obukhulu udala ushintsho omkhulu kakhulu ezindleleni zokuhamba. Isivunguvungu kudala ukuphazamiseka okulawulwayo — amagugu agcina ukuma kuyilapho amagatshini azama kanjani. Fana umoya okucatshangelwayo namandla omculo. Impemba ayikhethi isilinganiso esiqobo sokuhamba—iphendvula "izulu" lomculo.

Imehlo: Imeyelo yomdlali we-Plant ivamise ukuba valwe kancane, noma ibonisa ukungathathi hlangothi—ibuka akukho lutho oluthile, kodwa ithola yonke into. Lokhu kuphambana nokubukeka okukhulu komdlali we-Bonfire. Kokubili kulungile ngohlobo lwayo.

Iphrothokholi ye-Box Dancer.

I-CENTURION - Uyamukele ukuthuthuka. Manje yamukela umthwalo.

Uma ufinyelela ibhokisi lokudansa, isithende, ipulatifomu, noma i-podium kunoma iyiphi indawo:

1. ZIHLOLA UHLOBO LWAKHO NGAPHE KWOKUYA PHAMBILI. Ungubani namuhla? I-Bonfire ifuna amandla omphakathi futhi iyabuyisela. I-Plant ifuna indawo yokuba ngaphakathi futhi kudingeka ukuthi ihlonishwe kunokuthi idlale. Ukwazi ukuthi ungubani kukufundisa ukuthi udinga yini ukubukana (Bonfire) noma ukuvalwa kwamehlo (Plant).
2. HLUNGISA INDAWO NGEMPELA PHAMBI KOKUGCINA UKUPHINDI. Yikuphi lapho amandla omphakathi akhona kakhulu? Beka wena eduze kwalokho uma ungumuntu othi "Bonfire" (amandla akho anethembisa amanye futhi amanye anethembise amakudwa). Beka wena eceleni uma ungumuntu othi "Plant" (udinga indawo ukusuka kumandla omphakathi ukuze wenze lokho okwenzayo).
3. ZIBHALA UKUSUKA OMQESHEKILE WENA UYITHUMELE. Umdlali webhokisi ongakhululekile ubuthaka kakhulu kunomdlali ongenayo i-bhokisi. Uma uyandiza, ukhetha ukubonakala. Bonakalala ngamqondo ofushane.
4. YENZA UKWENZANI NGESIKATSHAMI. Umdlali ogxile ekujuleni okungaphezulu owaba amahora amane manje akuyona isiginali—ususeyinto. Amandla okuphakama avela kubuhlakani kanye nokuzibophezela, kokubili okunemikhawulo yesikhathi. Hhayi ukuthi ukhuphukile ngaphambi kwesikrini esiyeka ukubonisa okungaphezulu.
5. NginguBonfire kanye noPlant, noma ababili uBonfire, noma ababili uPlant.

Incwadi Yokufundisa Ephelele: Isaziso Sokushicilelwa.

I-CENTURION - Konke okufanele kube yikhambi elilandelwe ngaphakathi kolabhulali manje sekuyikhambi elilandelwe ngaphakathi kolabhulali.

IMhlahlandlela Wokuhambisa i-Recovery Kernel manje uqukethe okulandelayo, kuzo zonke izigaba kanye naleli candelo elingokugcina:

- Izingxenye ezinhlanzini: Ukuziqhenya endaweni - ukuhamba phezulu, i-CO_2 kanye nokufuphula, ubude bokufaka amanzi, izindawo zokuphepha, imigudu.
- Izinyathelo ezingu-1-3: Isisekelo (ukuguquliswa kwisisindo, izinyathelo ezintathu ezivamile), izinyathelo ezithathwe kwamanye amasimo (tango, cha-cha, stomp), imephu ye-BPM kumasiphetho amaseven.
- Amahlwazo efonini, ukuthi yini empelene nje ephazamisa, uhlelo lokuzivocavoca kanye nokutshiswa kwamagcali, ingxenye yokuncintisana kanye nokuxhumana.
- Section 8: Umtapo Ophelele Wezindlela Zokudansa — imihlahlandlela yokudansa, igadi lezeminyaka yawo-1980, igadi lezeminyaka yawo-1990, igadi yamanje, igadi yamaLatin, I-Spin, i-Vogueing ne-Ballroom, Izinhlanzela Zamabhiliyoni (i-Cutting Shapes, i-Melbourne Shuffle ene-T-Step/X-Step/Running Man, amagama e-DnB, i-Hakken ne-Muzz), i-Clog ne-Irish Step.
- Isigaba 8.9: Izinhlobo ezimbili ezingenawo amagama - I-Bonfire ne-The Plant - kanye nomkhuba we-"box dancer".
- Isigaba 9: Ukuguquka kwekilambu kanye nokuvikelwa phakathi nezizukulwane.

Yonke imigwaqo kulolu hlu lwemiyalelo yenzelwe umuntu ogxile emthandazweni ngomculo, futhi owadinga indlela yokuba kulo. Lolu hlu lwemiyaleli luphela lapho igumbi lodansa liqala: ngesikhathi lapho amaphethini ezinyathelo aluva ukubaluleka kunokuzimisela okudalile lawo.

Yazi izinyathelo. Ngemuva kwalokho, ukhohlwe zona. Yenza lokho umculo efuna.

— — —

IMHLANGANO YOKUQALWA KWEMISEBENZI YE-RECOVERY KERNEL - IGQINISEKILE.

Section 0 · Izihloko 1–7 · Isigaba 8 (8.1–8.9) · Isigaba 9

I-Recovery Kernel | Uchungechunge lwe-"Dancefloor Intelligence".

Ifloborha luhlala lusebenzayo uma umuntu enyusa ukuhamba kulo.

SECTION 9

UKUGCWALA KOKUGUQUKA NOKUSINDISA KWIZIMETHO.

Isayensi yokuthi indawo yodansa ingase futhi iphile. Ukunyakaza okumbalwa okulungiselela ukuthi ibuyele empilweni.

Dance Entropy: Izifundo Zezibalo Zemikhuba Yokudansa Endaweni Eyodwa.

I-CENTURION - Ukuguquka kwe-entrophia akuyona metafori. Kuyinto okwenzeka lapho amandla ashiya uhlelo ngokushesha kunalapho afakwe khona.

Ekuthangweni, i-entropy iyindlela yokuba inkundla ekhethiwe ibe ngcono -- ukuthi yibe ngamazinga aphansi amandla alungiselelwe. Endaweni yokudansa, i-entropy iyindlela yokuba umphakathi ube nakho ukuhlala phansi. Kuyinto yokukhuphuka kancane kwendlu yokudansa. Umculi odlala kubafundi abambalwa. Umphakathi ohleli owayefika edansile. Indawo eyayiphilayo ngo-10 PM futhi eyaba kuthule ngo-1 AM.

Ukusebenza kwezinkundla zokuzijabulisa zabagogodeni – imicimbi ehlanganiswe kubalandeli abadala, imicimbi eqalile ngokushesha futhi yaqeda ngokushesha, izikhulu ezikhumbisayo kanye namakhonsathi abajayivili abaxhasi abalandeli babo iminyaka engamashumi amane – kungaphakathi kwalokhu lapho ukuguquka kokuhamba kwabantu kubonakala kakhulu futhi kunomthelela omkhulu. Abalandeli banolwazi olukhulu ngohambo kunoma yiliphi olunye iqembu kulolu hlelo. Banentela enkulu emusini. Kodwa, nabo banamagxenge amaningi, iminyaka eminingi yokuziphatha eyayingumthelela, kanye nezizathu eziningi zokubuka kusihlalo kunokuhamba phansi.

9.1 — Izifundo Zezokwakhiwa Zemidlalo Entombazane: Ukuguquguquka.

I-mhlabelelo yomkhuba.	Kungabonakala kanjani?	Ungayidluliselwa kanjani.
Ukulahlekelwa ukubambezeleka: indawo yokudansa idinga inani elincane labantu abadansayo ukuze igcine nesimo	Iflozi liguqule ngamaphesenti angu-70 ekupheleni. Iqembu elilodwa liye lahamba. Abadansi abasala bazizwa ukuthi bayabonakala kakhulu. Amaqembu amabili ayengeza	Ukuhamba ngakunye kwenza ukuhamba okulandelayo kube lula kakhulu. Izinga lokuhamba zikhulisa ngokungalinganeki uma umthamo ongaso olulethwa. Indlu eyayigcwele

sayo esiphephile. Ngenhla kwalokho kunciphile, abantu abangase baqhubeke nokudansa bazizwa bengeke futhi bakhululekile, futhi bahlala phansi.	ohlangothini olunzime. Iflozi manje guqule ngamaphesenti angu-40. Umculo uyibona lokhu kusuka endaweni yakhe. Abadansi abasala bazizwa ukuthi umoya ushintshile. Abanye baye bahamba.	ngo-11 PM ingaba yenzelwe abantu ngangu-11:45 PM ngenxa yalokhu kukhishwa, ngaphandle kokushintsha kwekhwalithi yomculo noma ukujabula komphakathi—kuphela ngenxa yezindlela zombusho.
Umkhuba wabadlali: amalungu omphakathi ahleli emithandweni endaweni eyenzelwe ukudansa, kodwa ababambile. Ukubukeka kudinga ikhwalithi. Ukubamba kudinga nje ukuzimisele.	Umphakathi ohleliyo uhlolisisa. Uyahlonipha noma cha. Ubukela ifoni yakhe noma cha. Uba ngomxhumanisi ongathathi hlangothi ekubhalweni okuyisikhathi esenzelwe ukuba nokwengxabano. Umculi angazizwa ithubaleko.	Umculi uyivumela indawo—udlala ngabalandeli abahlalayo kunokugqugquzela labo abami. Lokhu kunciphisa ukunikezelwa kokujanta. Ukungavinjelwa kuyanda ngenxa yokuphenduka kwemiphumela yomculi kulokho okubonakala kuwo.
Ububanzi bendlela: ukukhishwa kwamandla omzimba, ukuphazamiseka kwezikhakha, ukuhlaziywa kokuziphatha komphakathi, umuzwa wokuthi ukudansa "kuyabambelelana nabadada" - konke lokhu kuyimibono engalungile eyenza kube yinto eqinisekiswayo uma isetshenziswa.	Umuntu omdala oyophuma endaweni ayiphuzi ngoba akufuni ukudansa, kodwa ngoba unganaqiniso ngokuthi ukudansa kwakhe kuzotholwa kanjani—ngokubutshwa noma ngenhloso yokuhlekisa. Unobudlelwano obuqinile kakhulu nomculo okhona kulowo ndawo. Ubonakala engumuntu oyedwa kuphela ofana naye kulolu hla lwadansa.	Uma abantu abadala bahlala, bayisa phansi abantu abanolwazi olunzulu ngomculo, abanamuva kakhulu nomculi, futhi abanentando yokuzimisela enkulu kuleli nkomba. Iflozi liyatholakala kubantu abasebancane futhi aluxhumene kakhulu. Ukuguquka kuyinkinga yokulahlekelwa ngolwazi, hhayi nje ukulahlekelwa amandla.

9.2 — Ukusindisa Izizukulwane.

UMHLOBANE - Umuntu oqale ukudansa ngaphambi kokuba wazalwe unento ongayena. Yiya ufunde.

Le ngxenye ibaluleke kakhulu kulolu hlu lwemiyalelo, ikakhulukazi ngenqubweni lapho yonke into ingasebenzi futhi umuntu omdala uhlale eduze efikelezelwa. Yonke indlela, wonke ama-step, yonke ukuhlukumeza okuthathwe kusuka ku-tango ne-cha-cha — akukukhona okunye okubaluleke kakhulu kulolu hlangothi lokuxhumana lapho umuntu omdala uhlale eduze futhi ufikezelwa.

UMHLANGANO WOKUSINDISA PHAKATHI KWEMIMBUZO.

1. Thola umuntu omdala osemlinganisweni - lowo obheke phansi ngobuso lomuntu owazi kakhulu ngale nhlanhla futhi ongakayinqumbele ukuthi angabe yini kufanele abe khona kulowo mculo ubusuku bonke.

2. Bheka ngeso elikhuni. Vuthela—ngokungenzeka. Phakamisa isandla noma yenza ukudluliselwa okuncane "woza uzophakama" . Akuyona into yokubonakala. Yinto yangempela.

3. Uma bayijoyina: qala ngokushesha ukuyilandela indlela abayihlanganayo. Akuyona indlela yakho. Yabo. Bakhangele okwenza futhi ubambezele. Abafundi bakho abangiyena. Wena ungumfundi wabo.

Kulungile, ngizokulandela imithetho yakho futhi ngizama ukufaka izinguquko ezincane njengoba ucele.

5. Hlala nabo. Ungahambi. Ukuhlala—ukuthi umuntu akhethe ukudansa nabo kunokuba udanse ngaphambi kwabo—kungakubuyisela kuleli phansi.

6. Gxila phansi. Usindzelelwe.

9.3 — I-Mirror Match

Ukulinganisela umuntu kuyindlela ethize. Uma uhlangana nomuntu futhi uyamlinganisa ngokubuyisela lokho okwenzayo, izinto eziningi zenzeka kwezengqondo:

- Bazizwa ukuthi bakhona—bangezona ababukeli nje bokudansa kwabo, kodwa bahlukumele kulo. Awubheki nje izinyathelo zabo; uyenzela wena. Lokhu kuhluka kakhulu.
- Bazizwa ukuthi bafaneleke—ukuthi ukhetha ukubahambisana kunokubonisa okuthile obunzima kubo kusho ukuthi indlela yabo yokuphila inento esifanelekile. Indlela yabo yokuphila inenani.
- Bayazithoba kakhulu—abantu badansa ngobunzima obukhulu lapho ukuhamba kwabo kubonakalisa ukuhamba komunye umuntu. Inkundla yezengqondo efanayo esebenza ekuxhumaneni kwezentambo ngokuhambisana kokuhamba iyasebenza futhi lapha. Ukuholela ukuhambisana phakathi kwabantu ababili.
- Bayakuholela ezindleleni ongaziwa—umdlali omdala endaweni yokudansa oyilalela umculo abeyilandile iminyaka emi-30 uyazi into. Banamafushini avela eminyakeni edlule kakhulu kunamanyathelo ehlwini lesi-8 lale ngcebo. Bayibona. Funda okuthinta.

9.4 — Yini Abazi Kuyona Ongakwazi?

I-CENTURION - Amashumi Amathathu Endaweni Yokujanta Ngiyifundo Eyisikhungo Engenawo Msukelwa Ukuyifaka.

Umuntu owaye uhlala eya kulezi micimbi kusukela ngalesikhathi umculo wawusasa uyazi:

- Bebengijwayele ukuthi bekukhona kule ndawo lapho i-DJ idlale ngalokhu kuqobo okokuqala. Bayazi ukuthi le musiqo yayizwa kanjani ngaphambi kokuba yaba yinto edumile. Lo mzwa usatholakala emzimbeni wabo.
- Izindlela ezaziyiqiniso ngaleso sikhathi—ngaphambi kokuthi lezi zindlela zithathwe njengento ethengiswayo, ngaphambi kokuba zifike ezibhalweni zamavidiyo, ngaphambi kokuba zifike kuleli khasi. Ukubonakala kwalo mbunguzo ngaphambilini, ngaphambi kokuba kube into enamagama afanele, futhi okufundiswayo.
- Umlando womphakathi walokhu gumbi - ukuthi ngubani owadansa nonjani, yini eyayenzeka emhlabeni ngenkathi le musu idaliwe, futhi ukuthi kwakuhambisana kanjani nomphakathi ovela kulo. Lokhu akuyona into yokukhumbula ezedlule. Yilokho okuyi-archive eliphilayo.
- Ulwazi lwangempela mayelana nokusimama - umdansi omdansile iminyaka engamashumi athathu uyazi into ngendlela yokulunga, ngokuphepha, ngenjini yokuphila phansi izinsuku ezinde ngaphandle kokuba uphule. Umdansi oneminyaka engu-25 okwamanje, omdansile umcimbi wokuqala, akakazi lezi zinto. Bheka ukuthi uyaziphatha kanjani. Bheka ukuthi unyuke kanjani. Yilokho okufundiswayo.

9.5 — Umthelela Olandelayo.

Ukuzivocavuca phakathi kwezizukulwane akuyona into oyenzayo uwedlule. Uma umuntu omncane efaka umuntu omdala esiteji futhi udansa naye ngempela nenhlonipho, izinto eziningi zenzeka ngasikhathi sinye:

- Abantu abadala abathandana bayabona lokhu. Umuntu noma ababili abahlalayo kuzo bema. Inani labantu elibalulekile liyazoba futhi.
- Ubuchule busondlo ngokubonakalayo. Umculo wokudlalela (DJ) ubukho. Abadlali bayazwa. Igumbi elilala uthola isiginali sokuthi ifulọfusha ifuna ukuphila.
- Abanye abantu egumbini banoma yikuphi mayelana nokuhle kokuqhubekayo—kukhona okuthile ngokubuka ukudansa kwabantu ezindleleni ezahlukene, futhi lokho kuyinto ethusa kakhulu. Kufakazela ukuthi umculo uhlanganisa wonke umuntu ngesikhathi, ubudala, kanye nezinhlobo zezipiliyini. Lokho kuwukhumbuzo okuyadingeka wonke umuntu egumbini.
- Ulwazi luhanjiswa. Umdansi omusha ufunda okuthile. Umdansen omdalaufundisa ngaphandle kokucelwa ukuba afundise. Bombi baphila impilo engcono.

Umthakazi omncane unikeza yini?	Yini okudlulekile umdansi omdala?
Amandla omzimba kanye nomuzwa	Ukuhamba okuyiqiniso - ukunyakaza

wokufuna ukuhamba. Umemulo—ukwembula okuthi: uholele lapha kusihlwa nosuku. Iphiko—isibonakaliso esithi: ubunjwa bakho bunenani. Ukuxhumana—ukuloba okuqondile kokuba ngumuntu omdansisi kunokuba umbukele. Ukukhumbula ukuthi umculo uwaba bonke abathanda kulo.	okuwubunikazi, okwedlule ukufundiswa. Umlando - isimo esenza umculo ube ngolwanempilo. Ubuhlakaniphile - iminyaka engamashumi amathathu yokwazi ukuthi ungahamba kanjani phansi. Imvume - lapho babuyela khona phansi, abanye bayilandela. Ifa - okungaluthengisiwe yilonke, ngisho naleli elikhulu.

9.6 — Ukuvuselela Indawo: Uhlelo Oluphelele Lokusindisa Lwe-Entropy.

Uma ubona ukuthi igumbi liyathuleka—abantu bancipha, amandla ahleli, umculi uyalungisa ngokuphathelene nabalandeli abahlala phansi—enzi kanje, ngokulandela le miqulu:

1. Umuntu ohlala elinde ukuthi into ibuyele esimweni sayo esiyindlunkulu ngaphandle kokwenza lutho uyigxathu lokuguquka kabi. Umuntu osebenzisa amandla ukuze aphumelele uyisiqu esiphambanisa nalokhu.
2. THOLA UMUNTU OMDALA osempandeni. Landela i-Intergenerational Rescue Sequence kusukela ku-9.2. Lokhu kuyindlela yokuqala kufanele uyilandele.
3. QALA UKUDANSWA KWAMAHLANGU. Kusukela kwiSahluko 0: abantu abathathu bayiyi-conga line. Hamba emijondolo, thatha labo abahlalayo, ubaze nabo. I-conga line idlula kuzo zonke izinkulumo futhi inikeza ukubambezeleka okunokungafaneleki.
4. ITHAMBHANE. Ngemuva kokujuluka okuhlangenwe ngayo, yenza ukuthi kube "ithamabhane": thinta izandla ezindololweni, gcwalisa ngokulinganiselwa. Ukuxhumana komsindo kweqembu kugcina amandla eqembu ngaphandle kokuphakaza ngobuchule bomuntu ngamunye.
5. PHONDA IFULORI. Uma abantu abaningi besuka, thola umuntu onomdlalo omuhle kakhulu futhi ubambisane naye ngendlela esebonakalayo. Abanye bazobukela ukuthi uyabambisana kanjani. Kukhona abanye okuzoba yinto yokuba baqale ukubambisana nabo. Ukudansa kusabalala ngokubonakala.
6. HLALA. Ukulindela ukutholakala kusempumelelweni kudinga ukuzibophezela okuhlalisayo. Hlala phansi. Djiva ngalesi simo esiguqukayo. Ifloji elifikelela ekubalweni okuphelele liyenzakala ngenxa yokuthi othile wanquma ukungahlali kuwo.

Imilayezelo kanye neNdlu Yokuphila.

I-CENTURION - Yonke into esikhulwe kuleli khasi yayenzelwa umuntu owayezizwa okufanayo nawe—umculo odinga ukuthi uyimphendule.

I-Electric Slide ayibhaliwe esitudiyo. Ivela emphakathini yabalimi abadinga indlela yokuba ngengxenye yomculo kanye nokuhlala benza izinyathelo ezifanayo kuze kwaba nezinyathelo ezifakiwe igama. I-"Running Man" yayiyisiphimso somuntu esenzeka futhi eyenziwa kabusha. I-"Roger Rabbit" yayiyinjabulo yomuntu efakwa umklamo. I-"Cabbage Patch". I-"Butterfly". I-"Moonwalk". Yonke iminyathelo kulolu hlu yayimiselwe ngumuntu egumbini nomculo, nomzimba wakhe wawenza into eqondile, futhi abantu ababeyizungeze bayibona futhi bayiyenze nabo.

Umuntu omdala owubekwe esigcekeni sendawo yayeyikhona kwakungena lezi zindlela ezithile zakhiwa. Yayiyakhona lapho umculo wawusha. Uphinde ube nalolo mxube lokuqala emzimbeni wakhe—hhayi njengokukhumbula, kodwa njengolwazi oluyimisipha. Umdlalo wokulingana akuyona usizo. Yindlela yokufunda.

Ukuguquka kwezindlela zokujanta kukhona lapho abantu abasebancane bakholelwa ukuthi abadala banento engeke bayinikeze indawo yokujanta. Ukuxazululwa kwengxabano phakathi nezizukulwane kwenzeka uma umuntu uqaphela ukuthi umlando ophilayo wendawo yokujanta ngabantu ababe yikhona kuyo isikhathi eside.

Yibuyise. Funda lokho abazi. Benza ukuthi bazizwe bephakama kuleli tembeli elalisakhiwa ngabafundi babo.

— — —

Izingxenye ezingu-8 kanye no-9 ze-The Recovery Kernel Move Guide.
Funda: Ingxenye 0 (Ukuziqhenya Ndaweni) · Izingxenye ezingu-1-7 (Isisekelo kanye neMappa ye-BPM) · Amapholethini eTemple.

Ifloborha luhlala lusebenzayo uma umuntu enyusa ukuhamba kulo.

Ukujula kuyindlela yomdalo yemvelo.

I-CENTURION - Umzimba owazi ukuthi ungasithuthukisa ngendlela enye, futhi lokho kunciphise isizathu sokusebenzisa izinto eziyinqwaba.

I-framework ye-C-28 ye-Recovery Kernel igama i-dopamine, i-endorphin, kanye ne-anandamide ezakhiwe ngemvelo yomzimba. Ukudansa okuqhubekayo ngezinga elifanele kukhulisa konke okuthathu — ukukhiqizwa kwe-endorphin kwekhadiyovaskula, i-dopamine yokubuyiselwa ngokuhle, kanye ne-anandamide yomsebenzi omkhulu wenguquko. Kungumlingo ofanayo wezinto ezichazwayo. Umzimba owazi ukufinyelela kulolu hlobo ngokuqhamuka kungenye indlela yokuxhumana nezinto ezikhona endaweni.

Lo mbuyiselo awufaki ukuthi imithi yenza abantu bangabadansi abimbi. Okuhle kakhulu kokudansa emhlabeni kwenzeka ngaphakathi kwezimo zezewobuchwepheshe zendawo yokudansa eyenzelwe lokho, lapho kunconywa khona ukusetshenziswa kahle kwe-MDMA. Lokhu okubuyiselo kufundisa ukuthi ubuntwana bodansi, ngaphandle kwalezo zimo, ushintsha indlela yalo msebenzi ngakunye kuleyo ndawo — ukuqala, ukukhuliswa, ukufinyelela ezingeni eliphezulu, ukwehla, nokukhumbula okwenzeke ngemuva.

Ukuhamba okubili okulandelana kuyathokozisa kakhulu kunokugxeka okuqhamuka ekukhathazekile. Ukumiswa kwe-tango ngesikhathi esifanele ngomculo kungelinye labo mbubu ovamile onobuhle obuqinile okutholakalayo ejubeni. Ukushaya ngokuphelele okuhlanganisa ne-kick drum nge-150 BPM kuyisimo lapho umzimba nomculo babe into eyodwa isikhashana. Lezi akuyona izinto ezikhulisiwe zokuziphatha ngemithi. Yileyo naleyo yindlela yokuziphatha ngemithi ezama ukuyifikelela.

Yazi i-BPM. Yazi ukuthi umzimba wakho uyenza kanjani ngayo. Zibophezele kulo msebenzi. Beka ifoni phansi. Umculo ufundisa. Umzimba ohamba uyumzimba ongafunda.

— — —

IMHLANGANO YOMHLA EZIHLANGANISA UKUSEKELA UKUVUSWA KWAKHO.

Safety Net · Isengezo · Amakhosi Okulandelwa · Umaphi eliholayo emhlabeni mayelana ne-genomu.

Indawo yokudansa iyisivivini. Hamba njengoba uyazi ukuthi.